



Ladies, get a 5 minute headstart on the Guys!

Guys, chase your valentine down and catch her if you can!

February 14, 2016

The 5th Annual

"Run for your Valentine"

8K Skirt Chase-Her

First in the Rutherford Race Series!



Pre-registration \$20.
Mail-in must be
postmarked by Jan 30th
Race day Registration \$25

Make check payable & mail to: FCPR-217 Clay St, Forest City NC 28043 Attn: Myra

Name: _____ Male/

Female _____

Address: _____ City/St/Zip: _____

Phone: _____ Emergency Name & Contact # _____

AGE ON FEB 14TH _____ Email: _____

Award given to the best combined couple time so please register individual or couple (couple does not have to run together!!!!!!) INDIVIDUAL: _____ COUPLE: _____ NAME OF SIGNIFICANT OTHER: _____



For on-line registration go to.....

www.rutherfordoutdoor.org/outdoor-activities/raceseries/valentine



ATHLETES RELEASE: In consideration of the participation in this running event, I hereby for myself, my heirs, executors, administration and assigns, release and discharge the sponsors, organizers, volunteers, agents, employees involved in the Run for your Valentine run from any and all claims for any and all damages as a result of my participation in traveling to and participating in said event. I agree and acknowledge that I am in sound physical condition to participate in physical activity and specifically release any damages arising out of a result of my current physical state. I also give my permission for free use of my name and picture in any broadcast, newspaper or any other written account of the event.

SIGNATURE: _____ PARENT'S SIGNATURE: _____



8K starts Sunday 2PM February 14, 2016 McNair Stadium in Forest City

Handmade Awards (1,2,3 Male/Female Overall 1,2 Masters)

Prize for best male and female costume * Prize for best combined couple time

Handmade Awards 3 deep in 5 Year Age divisions

14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Race Timing: It's about Time: www.runningtime.info

For info: Contact Myra King at 828-248-5220 or Mandy Huffman at 828-447-7760

