

Cherry Days 5K Run/Walk

Saturday, June 30th, 2018 at 7:00 A.M.

Apple Valley Park, Paonia, CO 81428

Race Information: The race will begin and end at Apple Valley Park in Paonia, just past the curve where Rio Grande Avenue becomes Pan American Drive. This location can be found on Google Maps.

Registration and Packet Pick-up Information: For pre-registration, this form can be completed and mailed to the address below. Please postmark by June 28TH to ensure its arrival. Race day registration will be at the ramada located in Apple Valley Park beginning at 6:30 a.m. Entry fee is \$35 for adults and \$10 for 17 and younger, with proceeds going to the Paonia High School Cross Country Team.

Course Description: The course will be the same as last year; it will be fast and stroller friendly. The course will head east out of Apple Valley Park, south on Rio Grande, west on Third St., north on Delta Ave., west on Fifth St., north on Oak, east on the Black Bridge Rd to a turnaround, then follow a slight variation back to the park. Directions will be provided on the morning of the race.

Awards: Will be provided for the following categories:

Youngest Runner
Oldest Runner
Most creatively dressed runner
Under 17 male/female
18-29 Best overall male/female
30-39 Best overall male/female
40-49 Best overall male/female
Masters(over 50) male/female finishers

All entrants will receive official Paonia XC team socks commemorating the event.

Additional Information: For more information, please contact Brandy Sparks by phone at 970-250-9793 or by email at brandysparks85@yahoo.com.



Please mail entry forms to: Brandy Sparks, 4900 4300RD,
Crawford, CO 81415

Please make checks payable to: Paonia High School XC

Cherry Days 5K Trail Run/Walk Entry Form

NAME: _____ AGE: ____ GENDER: ___ PHONE: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP _____

EMAIL: _____

Check one - RUNNER: ____ WALKER: ____

Please check entry fees included - ADULT ENTRANT (\$35): _____

YOUTH ENTRANT (\$10): _____

WAIVER: I know that running a 5K race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release the Paonia High School Cross Country team, Paonia Cherry Days 4 Ever, the Town of Paonia, and all sponsors, representatives, and successors, for all claims or liabilities of any kind arising out of my participation in this event.

Signature

(Parent's Signature if under 18)

Date: _____