



April 8, 2017

Visit our Website!
raceforthebirds.org

Register Online! RunSignUp.com
 Online registration open thru April 7th
 unless events are filled earlier.

Multi-child discount: \$5 off
 for 2nd & each additional child under 18.

Great Family Trail Runs through the trails of Wild Goose Farm.
 Proceeds from this event benefit Potomac Valley Audubon Society's environmental education and outreach for children and adults in our community—the Eastern Panhandle of West Virginia and Washington County, Maryland.

- 10K Trail Race*
- 5K Trail Race*
- 5K Jog/Walk
- 1 Mile "Fun Run" for children under 10

- * 5K and 10k Trail races are limited to a total of 400 Runners — Race Day Registration for these events may not be available.
- ** Jog/walk is self timed

SCHEDULE OF EVENTS

- 7:30-8:45 am Registration & Number Pick up
- 9:00 am Start 5K & 10K Trail Races
- 10:45am 1 mile "Fun Run" for children under 10.

AMENITIES & FACILITIES

Aid stations located at miles: 1, 3 & 5 (approx.)
 Post-race snacks and beverages.

DOOR PRIZES AND AWARDS — MUST BE PRESENT FOR AWARDS

Trail Race Awards: Champ & Runner-up for Top Overall, Grand Masters (70+), Masters (40+), Age Groups

Prizes for all kids in Fun Run!

REGISTRATION FEES:

Pre-registered: (postmarked by 3/25)

Race Day Fees: (add \$5)

- 5k race: \$25
- 10k race: \$30
- 1 Mile Kids Fun Run: FREE

- 5k race: \$30
- 10k race: \$35
- 1 Mile Kids Fun Run: FREE

Adult Pre-registrants are guaranteed a free t-shirt; others will get them as supplies last. Make out tax-deductible checks to PVAS. EXTRA DONATIONS WELCOME!

REGISTRATION FORM		NAME: _____	
ADDRESS: _____			
CITY/STATE/ZIP: _____			PHONE: _____
EMAIL: _____		T-SHIRT: YES NO	SIZE: S M L XL
<input type="radio"/> MALE	<input type="radio"/> FEMALE	DOB: _____ AGE ON 4/9/2016 _____	
EVENT: <input type="radio"/> 5k (\$25) <input type="radio"/> 10k (\$30) <input type="radio"/> Kids Fun Run (free)		Remember to subtract your Multi-child discount! \$5 off for 2nd and each additional child under 18.	
REGISTRATION FEE (add \$5 after 3/25/2017): _____		_____	
OPTIONAL PVAS MEMBERSHIP (\$20): _____		_____	
EXTRA DONATION (OPTIONAL) _____		_____	
CHECK TO PVAS ENCLOSED: _____		_____	
<p>WAIVER: In consideration of my application and permitting me to participate in this event, I hereby take action for myself and anyone entitled to act on my behalf: (1) Waive, release and discharge from any and all liability from my death, disability, personal injury, property damage, property theft or actions of any kind which might hereafter accrue to me including my traveling to and from the event, THE FOLLOWING ENTITIES OR PERSONS: event coordinator; event director; event committee; Potomac Valley Audubon Society; The Nature Conservancy of West Virginia; Wild Goose Farm Jefferson County, WV; volunteers; event sponsors; their directors, officers, employees; volunteers' representatives, and agents, and the event holders; (2) Indemnify and Hold Harmless the entities or person mentioned in this paragraph from any and all liability or claims made as a result of participation this event, whether caused by the negligence of releases or otherwise.</p>			
SIGNATURE: _____		DATE: _____	
<p>PHOTO WAIVER</p> <input type="radio"/> I give permission for me or my child to be photographed/videotaped and for the pictures to be used for PVAS publications and/or publicity. <input type="radio"/> I do not want my child's or my photograph or video image to be used for PVAS publications and/or publicity.			

Visit www.potomacaudubon.org to learn more about the diverse programs this event supports. We hope you'll join us for future chapter activities and choose to become a member!