

Woodstock 5 Miler



Saturday, June 11th, 2022

5 Mile Run – 8:00 AM

Shenandoah County Government Building - Woodstock, VA

Sponsored by the **Shenandoah Valley Runners**

ALL PROCEEDS FROM THE RACE WILL BE USED TO BENEFIT RESPONSE
INC. OF SHENANDOAH COUNTY

Course The 5 mile race follows an out and back course between the bends of the Shenandoah River. The course is not difficult, but is somewhat rolling. **Due to insurance concerns**, please, no dogs, baby strollers, and/or headphones.

Awards 5 miler awards will be given to the top three men and women overall, to the top male and female masters runners (40 & over), and to the top three male and female runners in the following age groups: 18 and under, 19-29, 30-39, 40-49, 50-59, 60 and over.

Entry Fees 5 mile entry fees are \$19.00 for members of the Shenandoah Valley Runners and \$20.00 for non-members if you pre-register by May 28th. **All runners who register by May 28th will receive a race shirt.** From May 29th until the day of the race the fee is also \$19.00 for members and \$20.00 for non-members, but no t-shirts will be available. Please make checks payable to “Woodstock 5-Miler” and send checks with completed entry forms to Woodstock 5-Miler, c/o Larry Bullock, 208 Robins Way, Woodstock, VA 22664.

More Information If you have any questions, contact race director Larry Bullock at (540) 335-2265 or lbullock77@hotmail.com.

Location The race will start on Kingree Street, next to the Shenandoah County Office Building.

Directions from the north: Take I-81 south to exit 283 (Woodstock). Turn left at end of exit ramp. Continue straight for less than one mile, until come to Rt. 11. Turn left on Rt. 11 North. After fourth traffic light, continue ¼ mile then turn right on Mill Rd. Make immediate left into parking lot.

Directions from the south: Take I-81 north to exit 283 (Woodstock). Turn right at end of exit ramp. Follow directions above.

Name _____ Age(on 6/11/22) _____ Sex _____

Address _____ DOB ____/____/____

City _____ State _____ Zip _____

Phone (____) _____ - _____ Email _____

T-Shirt Size = () Small () Medium () Large () X-Large Check if Walker _____

Pre-Registration Fee
____ SVR Member (\$19)
____ non-member (\$20)
Make checks payable to
“Woodstock 5-Miler”
Mail to: Woodstock 5-Miler
c/o Larry Bullock
208 Robins Way
Woodstock VA 22664

Waiver In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against any of the following: Larry Bullock, The Town of Woodstock, The County of Shenandoah, the Shenandoah Valley Runners, and all additional contributors, race crew, sponsors, and assigns for any injuries suffered by me in the scheduled June 11th, 2022 event. I attest and verify that I am physically fit, and have effectively trained to complete this race.

Signature _____ Date _____
(Parent or guardian’s signature if under 18)