

RAM RUN 5K
Valley Springs Middle School
Saturday, March 1, 2014 9:00 A.M.

RUN OR WALK IN SUPPORT OF OUR STUDENTS

Location: Valley Springs Middle School
224 Long Shoals Road
Arden, NC 28704

Parking: There will be limited parking at Valley Springs. Additional parking will be available at Koontz Intermediate School beside Valley Springs; access to their parking lot is on Overlook Rd.

Entry Fee:

Pre-registration – **No Shirt** (no online registration) **\$15.00**

Pre-registration (Before February 22nd) **\$25.00**

Registration after February 22nd or on race day **\$30.00**

Long Sleeve T-Shirts guaranteed to the first 100 Pre-registrants (unless you choose to register for \$15.)

Send/Make Checks Payable to:
Valley Springs Middle School
RAM RUN
224 Long Shoals Road
Arden, NC 28704

ONLINE REGISTRATION (closes Feb 21st)

<http://www.active.com/arden-nc/running/distance-running-races/ram-run-2014>

**WOULD YOU LIKE TO HAVE YOUR
COMPANY ADVERTIZED ON OUR
SHIRT? BE A RAM RUN SPONSOR
SEE BACK FOR DETAILS.**

Name: _____ **Phone** _____

Email: _____

Address: _____

Gender _____ **Age on Race Day** _____

T-shirt size (for pre-registrants only) - Adult: S M L XL

Waiver: In consideration of the acceptance of this entry, I for myself, my heirs, and assigns, hereby release the sponsors, race workers, and officials of this race for many and all liability arising from illness and damages I may suffer as a result of participation in such an event. I attest that I am physically fit and have sufficiently trained for this event and I am aware that participation in this event could, in some circumstance, result in severe physical injury or soreness. I also give my permission for free use of my name and picture in any broadcast/telecast or written account of this event. I understand that the entry fee I determine I pay is non-refundable. Should road race officials determine that the completion of this event would be injurious to my health, I consent opt be removed from the course and treated by a physician in attendance or of their direction.

Signature Date

Signature of parent or Guardian if under 18 years of age Date

Questions? Email erindenn@hotmail.com or ansley.fox@bcsemail.org

The RAM RUN 5K run/walk will start on the campus of Valley Springs Middle School. The course will wrap behind Estes Elementary School and through a portion of beautiful Biltmore Park, ending back at Valley Springs. The course is moderate with rolling hills. Throughout the course you will run/walk on grass/dirt, roads, and paved trails. Long-sleeved t-shirts are guaranteed to the first 100 runners. One of a kind, handmade medals are given to the top three participants in each age group.