

2015 Valhalla 5k Run/Walk



Saturday, March 7, 2015

9:00 A.M. 5k Run/Walk &
1 Mile Family Walk

10:00 A.M. Kids' Dash

North Posey High School

5900 High School Road

Poseyville, IN 47633

Dri-Fit Shirts for All Who Pre-Register

Timing by: To The Finish, LLC.

Proceeds Benefit the Valhalla 5K
Scholarship Fund

Official Entry Form
(Please Print)

Additional Information

Course: This 3.1 mile run/walk & 1 mile family walk is on a flat course in the scenic countryside of Posey County. The race begins at North Posey High, proceeds onto High School Road, onto Hunter Road, and ends back at the high school.

The 1 Mile Family Walk will not be a timed event.

Course Records:

5k Run: Hunter Motz 16:08 (2013)
Angela Reckelhoff 20:14 (2014)
5K Walk: Shirley Fearheiley 30:05 (2014)

Awards: The overall male and female 5K run & 5K walk winners will receive an award. Additional awards will be given to top 2 runners in male & female age group (excluding overall winners). The top 2 Male & Female competitive 5K walkers (excluding overall winners) will receive an award. Race results can be found at valhalla5k.com.

Door Prizes: Over \$500 worth of runner/walker geared prizes! You must be present to claim awards & door prizes. Kids dash participants are excluded.

Website/Forms/Info:

valhalla5k.com (online signup & paper forms)
facebook.com/Valhalla5k
tristatefit@gmail.com

Time & Location

- North Posey High School
- Check in: 8:00 a.m-8:45 a.m.
- Same Day Registration 8:00-8:45 a.m.
- Run & Walk Start Time: 9:00 a.m. CST
- Kids' Dash (8 & Under): 10:00 a.m. (all kids will receive participant medal)

Entry Fee

- Student Run/Walk (K-12) \$10
- Adult 5K Run/Walk: \$20
Same Day Reg. \$25
- 1 Mile Walk \$15; Same Day \$20
- Kids' Dash Free!
- Fees are non-refundable
- All who register by February 20 have option of dri-fit or cotton t-shirt. **No Dri-fit shirts available after 2/20!!**
- Youth shirt sizes are cotton

Age Groups

- 13 & under 40-49
- 14-19 50-59
- 20-29 60-69
- 30-39 70+

Name: _____

Address: _____

City: _____ St: _____ Zip: _____

Phone: _____

Email: _____

Age on race day: _____

Circle one: Male Female

Circle one: 5K Run 5K Walk 1 Mile Family Walk
Kids Dash (Medal Only)

Dri-Fit Shirt Size: Male _____ Female _____

OR Cotton Shirt Size: YS YM YL S M L XL
XXL

Waiver

In submitting this entry, I, intending to be legally bound for, my heirs, executors, and administrators, waive, and forever discharge any and all rights and claims that I may hereafter accrue to me against the Valhalla 5k, M.S.D. of North Posey County, the event sponsors, event volunteers, and their officers, directors, agents, successors, and/or assigns for any and all injuries suffered by my family and I at this event, while traveling to and from the Valhalla 5k, or while participating at this event. I attest that I am physically fit and sufficiently trained to participate in this event.

Signed: _____

(Parent or guardian if participant is under 18 years of age)

Mail/Make check payable to:
Tri-State Fitness, LLC.
2600 Black Oak Ct.
Wadesville, IN 47638