

# Hellbender 10K

Saturday, Oct. 5, 2024

10 a.m.

Norton, Va.

*Climb to the highest point in the Cumberland Mountains.* The 11th annual hill climb starts in downtown Norton and travels to the High Knob Observation Tower, boasting more than 2,000 feet of elevation gain. Race begins at 10 a.m. The race is one-way. Runners will be provided a shuttle back to their vehicles. Race proceeds benefit The Clinch Coalition, a local nonprofit whose mission is to protect and preserve the forest, wildlife, and watersheds in the Jefferson National Forest and surrounding communities. Runners that register by Sept. 20, 2024 are guaranteed a long-sleeve shirt.

**Registration fees are as follows:** Jan. 1-April 30: \$35; May 1-July 31: \$40; Aug. 1-Oct. 2: \$45. Race day registration is \$50 and begins at 8 a.m. **Make checks payable to:** The Clinch Coalition.

**Mail this form to:** Katie Dunn, The Clinch Coalition, P.O. Box 2732, Wise VA 24293. Headphones are not permitted on the course. Strollers are not permitted on the course.

<u>QUESTIONS?</u>	<u>AWARDS</u>
Contact Katie Dunn at highknobhellbender@gmail.com	Male and Female: Top Three Overall.  Male/Female Masters  Age Group Awards (29 and Under; 30-39; 40-49; 50-59; 60-69; 70 and over)  Finisher Medals

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ M.I. \_\_\_\_ SEX \_\_\_\_

DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_ EMAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_ ZIP \_\_\_\_\_

PHONE (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Do you plan on using the race's shuttle service from the finish line back to your vehicle? The shuttle is free. Yes ( ) No ( )

RACE DAY EMERGENCY CONTACT (NAME AND PHONE) \_\_\_\_\_

**\*\*\* CIRCLE SHIRT SIZE: SM, MD, LG, XL, XXL**

IN CONSIDERATION FOR ACCEPTING MY ENTRY IN THIS RACE, I FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE ORGANIZERS AND SPONSORS OF THIS EVENT. I ALSO RELEASE THE ABOVE NAMED FOR ALL CLAIMS OF DAMAGE DEMANDS, AND ACTIONS IN ANY MANNER DUE TO ANY PERSONAL INJURIES, PROPERTY DAMAGE, OR DEATH SUSTAINED AS A RESULT OF MY TRAVELING TO AND FROM AND MY PARTICIPATION IN SAID RACE. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPETITION OF THIS EVENT. IN FILLING OUT THIS FORM, I ACKNOWLEDGE I HAVE READ AND FULLY UNDERSTAND MY OWN LIABILITY AND ABILITY. STROLLERS ARE NOT ALLOWED ON THE RACE COURSE. PARTICIPANTS USING HEADPHONES ARE NOT ALLOWED ON THE RACE COURSE.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_/\_\_\_\_/\_\_\_\_ (Parent signature if under the age of 18)