Illumi "Night"

Full Moon Friday 5k, October 23, 2015

Event Details:

Illuminight- Full Moon Friday 5k By the light of the (almost) Full Moon 5k. Runners will start at the Intervale Trail Head, head north, and turn around at the 1.5 halfway point and finish at Intervale. The course is mostly flat on the smooth crushed gravel of the Jackson River Scenic Trail. The trail will be marked and we will do our best to help you stay on course.

A light source is mandatory for all runners; it is recommended that you have at least a headlamp or flashlight. It is best to carry one of each. A headlamp helps you see where you are going and a flashlight to give you depth perception and make sure you stay on the trail. It is recommended that you try your choice of light source under similar conditions prior to running the race. **PLEASE NOTE—**Bring your own Headlamps, flashlights, and any other light source as they will not be provided and you will not be allowed to participate without them.

Mail In Registration: **$25 on or before October 1, $30 after October 1, 2015**

Packet Pick-up and in person Registration;

10/22/15 – The Alleghany Highlands Chamber of Commerce – 10am-6pm – 540-962-2178

10/23/15 – Intervale Trail Head - Packet Pick-up from 7:00-7:45pm.

Race Day Itinerary Friday, October 23, 2015

7:00pm -7:45pm - Packet Pickup and Check-in.
7:45pm -8:00pm - Race Briefing - Discussion of Race & Course details.
8:00 pm Race Start

Post Race

- Post Race Party (at Cucci's) Food Provided for Runners Only. Other food may be purchased from the menu at your own cost.
- Door Prizes will be given out while the results are being processed
- Illuminight Friday 5k Awards Ceremony and Illuminight (illuminate + night) Costume Contest. Be creative and have Fun!

First Name _____ Last Name _____

Address _____

City _____State_____Zip _____

Email Address _____

Phone Number _____

Emergency Contact Name/Number_____

Birthdate _____Age_____Gender_____

Category (5k or 5k student)_____

T-Shirt size_____We cannot guarantee a T-shirt if you don't register by October 9th, 2015.

WAIVER

Assumption of Risk: In consideration of the acceptance of this entry, I do hereby, for myself, my heirs, executors, administrators, and assigns, release and forever discharge The Alleghany Highlands Chamber of Commerce, Covington County Parks and Recreation, the sponsors, volunteers, and all those persons involved in organizing and manning this event, from all claims of any kind or nature, arising out of my participation in this race. Further, I grant permission to Alleghany Highlands Chamber of Commerce to use any photographs, motion pictures, or other recording of the event for legitimate purposes. In addition, I understand there will be no refunds. By signing below, the participant and/or guardian of the youth registered on this form authorizes him or her to participate in this race and signifies agreement to all the terms and releases stated on this registration form.

Initial to agree to the above waiver:

Initials of parent/guardian required if participant is under 18 years of age

Course Description: The course is 100% trail.
Race Age Groups: The top three finishers in each age group will receive award recognizing their achievement.
Age groups and awards depending on race participation.

Mail In Registration: $25 on or before October 1, $30 after October 1, 2015 to:
Alleghany Highlands Chamber of Commerce
110 Mall Road
Covington, Virginia 24426