



Presenting the All New

Lake Rhodhiss Trailfest

October 12, 2024 at 8:00 a.m.

We've taken the New Year's Resolution Runs, shaken them up, changed the date, and created new 5 and 10K challenges for you, and this time we've added a 10-miler!

www.friendsofthevaldeserec.org



Register online at:

<https://ultrasignup.com/register.aspx?did=116941>

or mail in the application on the back of this flyer. Cost is \$20-25/person but Ultrasignup will charge sales tax and a processing fee if you register online.



Lake Rhodhiss Trailfest

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-mail: _____

Birthdate: ____/____/____ Age on 10/12/2024: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

Shirt: S M L XL XXL Race: 1M ___ 5K ___ 10K ___ 10M ___

T-shirt guaranteed if registered by September 30, 2024

In consideration of the acceptance of this entry I hereby, for myself, my heirs, executors, administrators, and assigns, release and discharge the Friends of the Valdese Rec, its members, volunteers, promoters, managers, sponsors, and operators of the Lake Rhodhiss Trailfest and their agents, servants, employees, and the Town of Valdese, whose facilities are being used for this event, from any and all claims for damage suffered by me as the result of my participation in or traveling to or from the said event to be held on Saturday, October 12, 2024, or, if it is postponed due to weather or other reasons, on the date the event actually takes place. I also give my permission for the free use of my name and picture in any broadcast, promotion, or written account of the event. I further state that I am in proper physical condition to participate in this race and realize that trail races have a higher degree of risk to them than races held on solid surfaces.

Signature: _____

Date: _____

Parent's Signature (if participant is under 18 years old)

The one-mile fun run is a free kids race. For all other events, make your check for \$20 (\$25 after 08/30), payable to FVR, Inc. Mail with completed application to: P.O. Box 994, Valdese, NC 28690