

5-MILER EVENT DETAILS

Please visit renfrorocknrun.com for complete event details & FAQs

- Race time is 8:35 a.m. EST (5 Miler/5K participants will line up behind the half marathoners, who will start at 8:30).
- \$25 Through Nov. 6 at midnight (register by this date to guarantee a t-shirt).
- \$30 Nov. 7-9 online, or you may also register at the packet-pickup Nov. 10, 4:30 – 7:00 p.m., or race morning, 7:00 – 8:15 a.m. (Shirt not guaranteed).
- Short-sleeve tech t-shirts guaranteed to all who register by Nov. 6. Others while supplies last.
- Registration fees are not refundable. No registration transfers for the 5-miler.
- There are two hydration stations at the one- and two-mile point of this out-and-back course.
- Questions? Contact Kayla Rowe at 606-256-7767 or kayla.rowe@rhrcc.org.

Awards:

- Overall male and female winner
- All age group first-place winners
- Top three male and female runners in each of the following age groups: 12-under, 13-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+
- Top three male and female walkers (Please note: to be fair to competitive walkers, if you register as a walker, you must walk the entire race.)
- Awards will be presented at 10:30 a.m. near the finish area

5K RUN/WALK EVENT DETAILS

Please visit renfrorocknrun.com for complete event details & FAQs

- Race time is 8:35 a.m. EST. (5 Miler/5K participants will line up behind the half marathoners, who will start at 8:30).
- \$20 pre-registration fee by Nov. 6 at midnight (register by this date to guarantee a t-shirt).
- \$25 Nov. 7-9 online or you may also register at the packet-pickup Nov. 10, 4:30 – 7:00 p.m., or race morning, 7:00 – 8:15 a.m. (Shirt not guaranteed).
- Short-sleeve tech t-shirts guaranteed to all participants registered by Nov. 6. Others while supplies last.
- Registration fees are not refundable. No registration transfers for the 5K.
- There is a hydration station at the one-mile point of this out-and-back course.
- Questions? Contact Kayla Rowe at 606-256-7767 or kayla.rowe@rhrcc.org.
- *Proceeds benefit the Rockcastle County Girls on the Run program*

Awards:

- Overall male and female race winner
- Top three male and female finishers in each of the following age groups: 12-under, 13-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75+
- Top 3 fastest male and female walkers (Please note: to be fair to competitive walkers, if you register as a walker, you must walk the entire race.)
- Awards will be presented at 9:45 a.m. near the finish area

5TH ANNUAL



Half-Marathon 5-Miler & 5K Run/Walk

Saturday, November 11, 2017

Renfro Valley
Entertainment Center
Mt. Vernon, KY



www.renfrorocknrun.com

HALF MARATHON EVENT DETAILS

Please visit renfrorocknrun.com for complete event details & FAQs

- Race time is 8:30 a.m. EST
- \$50 if registered by April 1
- \$55 if registered by Aug. 1
- \$60 if registered by midnight Oct. 15
- \$70 Oct. 16 – Nov. 6 at midnight (*register by this date to guarantee a t-shirt*)
- \$85 Nov. 7-9 online, or you may also register at the packet-pickup Nov. 10, 4:30 – 7:00 p.m., or race morning, 7:00 – 8:15 a.m. (*Shirt not guaranteed*).
- Packet pick-up is 4:30 p.m. – 7:00 p.m. Friday, Nov. 10, at Kentucky Music Hall of Fame, 2590 Richmond St, Mt Vernon, KY 40456 (Next door to Renfro Valley), or 7:00 – 8:15 a.m. on race morning at the race start area at Renfro Valley Entertainment Center, 2380 Richmond Street, Mt. Vernon, KY 40456.
- Long-sleeve tech t-shirts guaranteed to all who register by Nov. 9. Others while supplies last.
- Registration fees are not refundable.
- You may transfer your registration to another runner for a \$10 fee if you do so by Nov. 6, 4:00 p.m. To transfer, call Kayla Rowe at 606-256-7767.
- There are 9 hydrations stations, 6 porta-potty opportunities, and 1 gear drop on the course.
- *You must finish in 3 1/2 hours (16:02/mile pace) or less, after which you are on your own.*
- *Proceeds benefit Christian Appalachian Project*

Awards:

- \$100 to overall male and female winner
- \$25 to all age group first-place winners
- Top three male and female runners in each of the following age groups: 12-under, 13-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+
- Top three male and female walkers (*Please note: to be fair to competitive walkers, if you register as a walker, you must walk the entire race.*)
- Awards will be presented at 11:00 a.m. near the finish area

SPONSORS



RENFRO ROCK N' RUN REGISTRATION FORM

(Please Print Clearly)

Name: _____ Age: _____ Gender: M F

Half-Marathon: Run Walk 5-Mile: Run Walk 5K: Run Walk

If you think you might run, please sign up as a runner, to be fair to competitive walkers.

Shirt: UNISEX Shirt Size: YM YL XS S M L XL 2X
LADIES Shirt Size: XS S M L XL 2X

(Half-Marathon receive long-sleeve tech shirt. 5K/5M receive short sleeve tech shirt)

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Emergency Contact: _____

E-mail: _____

Want to join our race e-mail contact list? Yes No Already on list

Is this your first time participating in an organized run/walk? Yes No

How did you hear about this event? Newspaper Friend On-line Race Calendar Social Media Other _____

Amount Enclosed (check one):

Half-Marathon

By April 1 \$50.00
By August 1 \$55.00
By October 15 \$60.00
October 16 - Nov. 6 \$70.00
Race Day Registration \$85.00

5K

Pre-Registration by Nov. 6 \$20.00
Race Day Registration \$25.00

Make Checks Payable to:

Renfro Rock N Run

Send form & payment to:

Attn. Kayla Rowe, Rockcastle Regional
P.O. Box 1310
Mt. Vernon, KY 40456

5-Miler

Pre-Registration by Nov. 6 \$25.00
Race Day Registration \$30.00

WAIVER

PLEASE READ CAREFULLY: Release and indemnity agreement – Running and/or walking a distance race is a potentially hazardous activity. I should not enter and participate unless I am medically and physically able, and properly trained. In consideration of entering the Half-Marathon or 5K Run/Walk, and intending to be legally bound, I do release and waive for myself and for my heirs, executors, and administrators (and for my child as its legal guardian) and claims for damages and liabilities of any kind arising out of my participation in the event against all persons, entities, and agencies involved with promoting and running the event, including Rockcastle Regional Hospital and Respiratory Care Center, Citizens Bank, City of Mt. Vernon, Renfro Valley Entertainment Center, and all sponsors. I hereby release all publication rights of any photographs or video taken at this event to Rockcastle Regional Hospital and Respiratory Care Center for print and Website publication and/or advertising and social media. By signing below, I indicate that I agree to abide by this agreement and acknowledge that I ASSUME ALL RISK ASSOCIATED WITH PARTICIPATING IN THIS EVENT.

Participant(s) Signature (Or parent/guardian signature if under 18) _____ Date: _____