

# Run 4 Snacks 5k

July 1, 2023  
Race begins @ 9 am

Alderson 4<sup>th</sup> of July will give a portion of the proceeds to benefit Alderson Elementary and Greenbrier County Snacks in Packs Programs.

## Course Information

The course begins at the Alderson Memorial Football Field and follows a scenic route which captures the beauty of the Greenbrier River through the heart of historic Alderson. Participants should prepare to be challenged.

## Registration

Pre-registration (**Before June 1**) - \$25 (Must register by June 1, 2023 to be guaranteed a t-shirt)  
Register Online [TriStateRacer.com](http://TriStateRacer.com)  
Late Registration and Race Day - \$30 (Race Day registration begins at 7:30am)  
Please fill out the form below and mail to: Alderson 4<sup>th</sup> of July PO Box 128 Alderson, WV 24910  
Make checks payable to – Alderson 4<sup>th</sup> of July

## Contact information

For information contact – Laurie Bennett – 540-798-5737 or [laurieparker304@gmail.com](mailto:laurieparker304@gmail.com)

## Awards and Age Groups

Prizes awarded to Top 2 Male/Female in each group and First Place Overall Male/Female  
Under 10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 and 75 and over

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### Run for Snacks 5K Registration Form

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Age \_\_\_\_\_ Gender (M or F) \_\_\_\_\_

Shirt Size (Youth-Medium or Large, Adult-Small, Medium, Large, X-Large, XXL) \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

\_\_\_\_\_  
Signature (Parent if under 18) ALL PARTICIPANTS MUST SIGN ENTRY FORM

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of weather, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver knowing these facts, and in consideration of the acceptance of my entry, I for myself, and anyone entitled to act on my behalf, waive and release Run 4 Snacks 5k, race officials, volunteers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.