9th Annual Bob Duncan Memorial 5K
RUN & WALK
Pre-registration pricing extended to 3/30!

Date: Saturday, April 2, 2016
Time: 9 AM

A Blacksburg Striders and VA-MD CVM/SCACVP Event

Entry Fees: $20 pre-register if received by 3/30/2016, $30 day-of race. Student Discount: $15 pre-register, $25 day-of race. Blacksburg Striders Member Discount: $1 off.

All proceeds benefit the Bob Duncan Memorial Diagnostic Veterinary Pathology Scholarship, awarding a 4th year veterinary student for a commitment and zeal in diagnostic veterinary pathology.

2015 Results:

<table>
<thead>
<tr>
<th>Overall</th>
<th>Masters</th>
<th>Grandmasters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male: Christopher Taylor</td>
<td>Male: Michael Stowe</td>
<td>Male: Maarten VanGelder</td>
</tr>
<tr>
<td>Female: Rebecca King</td>
<td>Female: Lissa Huston</td>
<td>Female: Barbara Zwick</td>
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</tbody>
</table>

Packet pick-up and race day registration: 7:30 AM – 8:30 AM

Location: VT Cross Country Course: Duckpond Drive, Blacksburg, VA.

Awards: Overall and Age group awards 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60+. Masters (40-49) and Grandmasters (50+) will be awarded. All runners are eligible for only one award. Awards will not be mailed.

Past results and photos: can be viewed at http://www.vetmed.vt.edu/development/duncan5k.asp

Route: The entire run will be on the Virginia Tech cross country course. The course will be marked every mile. Water will be available at the finish and at approximately mile 2. Food and beverages will be available after the race. Awards ceremony and door prizes will follow as soon as possible.

Please print clearly

Last Name_________________________________First Name_____________________________________________

Address ______________________________________________________________________

Phone number_________________________________email address (please print clearly)______________________

Male_______Female______Age on 4/2/16________T-shirt size (S, M, L, XL)

Birthday_______________________College/University enrolled in (students only)_____________________________

Entry Fees: - $20 pre-register (3/30/2016), $30 day-of
- College student discount: $15 pre-register, $25 day-of
- Blacksburg Striders members: $1 discount
- Optional donation to scholarship fund

Donation ________________

For further information, contact Tanya LeRoith (tleroith@vt.edu), Chris Gow (cgow@vt.edu), or Megan Zalek (mzalek@vt.edu)

I know that running a race is a potentially hazardous activity which could cause injury or death. I will not enter and participate unless I am medically able and properly trained. By my signature, I certify that I am medically able to perform in this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but no limited to: falls, contact with other participants, the effects of weather (including high heat and/or humidity), traffic and conditions of the course, all such risks being known and appreciated by me. I understand that bicycles are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Bob Duncan 5K, the town of Blacksburg, the SCACVP at the VMCVM, Runabout Sports, VPI&SU, the Commonwealth of Virginia, the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: ___________________________________________________ Date: _________________

Signature of Parent/Legal Guardian if Participant is under Age: ________________________________ Date: ___________________