

Registration

Event: There is both a 3.1 mile (5k) and one mile course available for runners and walkers. Each race will be along our beautiful trails throughout the Warm Hearth Village campus. Water will be available at the "halfway" mark. Post-race sports drinks, energy bars, apples, bananas, and water will be provided by LewisGale Hospital Montgomery.

Course Description: The adventure begins on road pavement and transitions to a mixture of gravel roads and paved and grass trails with wooden bridges through our scenic woodland surroundings. A final dash to the finish is along a shaded, paved trail. This course will challenge and reward you as you climb the gentle inclines along the way.

Dogs allowed for the one mile race. Clean-up and leashes are mandatory!!

Packet pick-up: Packets will be available to pick up Friday, October 6, from 12 - 6 pm inside the Village Center, 2387 Warm Hearth Dr., Blacksburg. Also, Saturday packet pick up will continue starting on race day.

Safety requirements: Headphones discouraged. Baby stroller/joggers only permitted on one mile course. Sunscreen and hat are recommended.

Race day registration: Race day registration ends promptly at 8:45 am.

Awards: The top three overall male and female winners will receive medals and the top three finishers of each age group (3.1 miles only) will receive a unique and fun award recognizing their achievement. Awards three deep male and female in each age group: 12 and under, 13-19,20-29,30-39,40-49,50-59, 60-69, 70+.

Guaranteed t-shirt order cut off date: September 15, 2017

Fees: 5k - \$30 early bird mail-in only, must be postmarked by 9/15/2017; \$35 all online registration and late mail-in registration. Special rates for returning 2015 participants: \$25 early bird mail-in only.
1 mile - \$10 (if wanting a t-shirt, above charges apply)

Waiver: I understand that walking and running in races are potentially hazardous activities. I should not enter and run or walk in the Parrot Strut unless I am medically able and properly trained. I agree to abide by any decision of a Parrot Strut official relative to my ability to safely complete the Parrot Strut. I assume every risk associated with participating in the Parrot Strut including, but not limited to, falls, contact with Parrot Strut participants or volunteers or with vehicles, the effects of the weather, and course conditions, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of acceptance of my application, I, for myself and anyone entitled to act on my behalf, do waive and release the Parrot Strut, Warm Hearth Village, event timers, sponsors and organizers, and their representatives, agents, affiliates, employees and successors from all claims and/or liabilities of any kind arising out of my participation in the Parrot Strut even though such liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the foregoing to use any photograph, motion picture, recordings, or any other record of the Parrot Strut for any legitimate purpose.

Name: _____

Address: _____

Phone: _____

Email: _____

Male: _____ Female: _____ Age on 10/15/17: _____ T-shirt size: YL S M L XL

5k: _____ 1 mile: _____

Signature: _____

Date: _____

Signature of Parent/Legal Guardian if participant is under age:

Please print and mail back to:
Sharen Hillison
2175 Blue Jay Lane
Blacksburg, VA 24060

Please make check payable to the Warm Hearth Foundation.