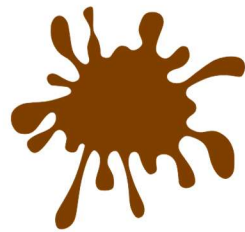
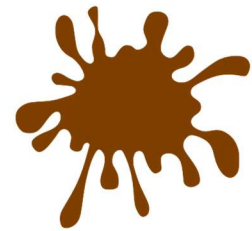
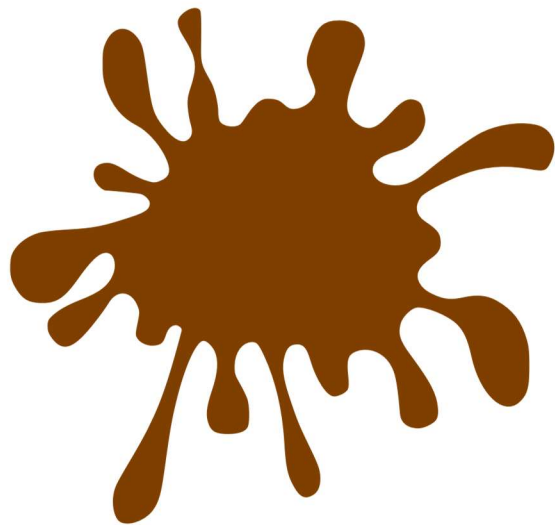


Habitat 2nd Annual Mud Run



REGISTRATION PACKET 2019



Included: 5k registration and rules and Kids Mud Run registration and Rules

Habitat Mud Run

The Washington County Habitat for Humanity 2nd Annual Mud Run will be held at the SWVA 4-H Educational Center in Abingdon VA August 24th, 2019. Start times will begin at 9am. Great goody bags and awards. Kids Mud Run too!! Lots of fun activities for spectators to enjoy as well!! Performance Tees are guaranteed to the first 100 runners! Electronic B-tag timing by WeRun Events. Pre-race registration pick up will be August 22rd from 9am to 12pm and August 23rd from 10 am to 7pm at the Habitat office, 765 Cummings St. Abingdon VA 24211. Online registration ends August 21st at 9pm. Everyone is welcome. All net proceeds go to Washington County Habitat for Humanity's next project. Feel free to visit our Facebook for more Information and updates as well.

Registration Costs	Date Ends	Price	Method
Early Registration	June 30th	\$45	Cash, Check, Online
Regular Registration	July 30th	\$50	Cash, Check, Online
Registration	August 15th	\$55	Cash or Online Only
Last Minute Registration	August 15 st thru 21st	\$60	Cash or Online Only
Late Registration	August 22 nd thru 24 th	\$70	Cash Only

Make checks payable to Washington County Habitat for Humanity

Mail form to: Habitat Mud Run, c/o Krystal Kayton, 765 Cummings St. Abingdon VA 24211

RULES: ALL participants must fill out and COMPLETE a registration form. THERE WILL BE NO REFUNDS SINCE THIS IS A CHARITY EVENT. There is a \$30 Return check charge. Unsportsmanlike conduct will not be tolerated and could cause ejection from race. All minor children under 18 yrs. MUST have the legal signature of parent or guardian on their completed registration form.

Awards Categories: Overall (top 3), Overall Men's, Overall Women's

Age group categories: under 15, 15-19, 20-30, 31-40, 41-50, 51-60, 61-70, 70+

Participants of the Kids Mud Run will all get a prize!!

First Name:	Last Name:
Date of Birth:	Sex:
Address:	Phone:
City/State/Zip:	Shirt Size: S M L XL XXL
Email:	Age on Race Day:
Runners Signature:	
Under 18 Parent or Guardian Signature:	
Emergency Contact Name/Phone:	
Food Choice Provided by 4 H Center for Additional \$5: Please circle your choice below	
Meal #1 :BBQ Sandwich Qty:	Meal #2: Garden Salad Qty:
Additional Lunch vouchers can be purchased for family and given out in race packets at pick up.	
*****Lunch is optional, and cost will be paid with registration*****	

IN CONSIDERATION FOR ACCEPTING MY ENTRY IN THIS RACE, I FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE ORGANIZERS AND SPONSORS OF THIS EVENT. I ALSO RELEASE THE ABOVE NAMED FOR ALL CLAIMS OF DAMAGE DEMANDS, AND ACTIONS IN ANY MANNER DUE TO ANY PERSONAL INJURIES, PROPERTY DAMAGE, OR DEATH SUSTAINED AS A RESULT OF MY TRAVELING TO AND FROM AND MY PARTICIPATION IN SAID RACE. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPETITION OF THIS EVENT. IN FILLING OUT THIS FORM, I ACKNOWLEDGE I HAVE READ AND FULLY UNDERSTAND MY OWN LIABILITY AND ABILITY.

*****Initial here (required) _____

Rules and Regulations

Eligibility and General Code of Conduct

To compete in the Habitat Mud Run, athletes must meet the following requirements:

1. Athletes must be registered to run.
2. Athletes must adhere to all rules set forth by Habitat and WeRun Events administrators and officials.
3. Competitors are held to the highest standard of conduct throughout the course of the event.
4. Always conducting oneself in a sportsmanlike manner towards fellow competitors, spectators and officials.
5. Adhering to all rules of competition.

Time Keeping and Distance.

1. All athletes must complete the full 5k race distance.
2. Waves are assigned that day by ability, all results are based on chip time.
3. In addition, please note the following:
4. Athletes will collect their race number and timing chip from registration on the day of the event. This is required to start the event and **SHOULD NOT BE REMOVED**.
5. Athletes must report to the start line ten (10) minutes before their assigned start time for a mandatory briefing.

Racing, Obstacles and Course.

1, It is the responsibility of all athletes to stay on-course and within the boundaries and markings set by race officials. Obstacles are numbered 1, 2, 3, etc it is your responsibility to ensure you complete all obstacles.

2, If an athlete runs off-course, he/she must return to the original point of deviation to resume competition.

3, Any athlete that gains advantage by circumventing the course (as designed by race officials), whether intentionally or unintentionally, will be disqualified from competition.

Obstacles

4, Completion of all obstacles is **MANDATORY** to be eligible for awards/prizes. If completing the race for fun only some obstacles can be substituted for 25 burpees and 10 pushups.

5, In the event an athlete fails an obstacle, he/she will be permitted two additional attempts, provided he/she is not blocking the path of another athlete who is attempting to complete the obstacle for the first time.

7, Additionally, athletes are required to maintain forward progress on all obstacles and throughout the course (e.g. sitting atop cargo nets or walls is not permitted) and every effort must be made not to obstruct a fellow competitor. Slower athletes are required to yield to approaching athletes.

8, Athletes found to be excessively infringing (blocking) on another athlete's ability to progress may be subject to penalty or disqualification by race officials

9, Slower and faster athletes must demonstrate mutual respect during closely spaced/single-track areas of the course. Faster athletes are encouraged to call out "Passing" (or similar) when approaching slower athletes. The athlete being passed must permit enough space to allow the approaching athlete to safely pass. Additional restrictions may be announced at pre-race briefings.

Gear, Apparel & Nutrition.

Athletes are encouraged to express their individuality, sport team/country apparel while being appropriately dressed for an endurance racing events.

Please note the following:

- 1, Glasses are allowed but discouraged for safety reasons.
- 2, Hydration packs are allowed.
- 3, Beyond shoes and gloves or protective gear (i.e. elbow pads or knee pads), clothing/personal equipment may not be used in to assist the completion of an obstacle.
- 4, Alcohol, weapons, and other dangerous objects are not permitted on the course.
- 5, Additionally, all athletes must exit the course with all items they brought in. Littering or the discarding of personal property during the race may result in disqualification from competition.

Penalties

1. The application of any penalties, including but not limited to time penalties and disqualification, are administered solely by Habitat Race Officials.
2. When a violation has been identified, the offending athlete will be informed of the penalty by race staff as soon as practicable.
3. Athletes will be penalized for infringements such as:
 - a) Failure to complete an obstacle.
 - b) Not starting at his/her starting time.
 - c) Intentionally or unintentionally going off-course.
 - d) Engaging in unsportsmanlike conduct, including but not limited to: the use of performance-enhancing drugs, making unnecessary contact with or hindering a competitor, verbal/physical abuse of race officials or volunteers, modifying course markings, using offensive or derogatory language, receiving outside assistance, littering on the course, blocking (failure to yield to) other competitors, or failing to follow the direction of race officials.

Safety and Emergencies

- 1, The safety of all athletes, spectators, and staff is paramount. In the event of an emergency, all parties should explicitly follow instruction of event staff.
- 2, Athletes that assist in an emergency may be permitted to begin the race again at the sole discretion of Habitat and WeRun officials

Kids Mud Run Rules

To compete:

1. Athletes must be under 12 years old
2. Athletes must adhere to all rules set forth by Habitat and WeRun Events administrators and officials.
3. Competitors are held to the highest standard of conduct throughout the course of the event.
4. Always conducting oneself in a sportsmanlike manner towards fellow competitors, spectators and officials.
5. Adhering to all rules of competition.

Registration Costs	Date Ends	Price	Method
Early Registration	June 30th	\$5	Cash, Check, Online
Regular Registration	July 30th	\$7	Cash, Check, Online
Registration	August 15th	\$10	Cash or Online Only
Last Minute Registration	August 15 th thru 21st	\$12	Cash or Online Only
Late Day of registration	August 22 nd thru 24th	\$15	Cash Only

Racing obstacles and course:

1. Course is approximately one mile with a few obstacles designed for children.
2. Obstacles may be opted out of with the completion of 10 jumping jacks

Other Rules:

1. This race is for fun. No timing bibs will be used.
2. There will be age group start times starting at 12pm

Age Categories are: 5-7, 8-10, 11-12

Participant Information:

First Name:	Last Name:
Date of Birth:	Sex:
Address:	Phone:
City/State/Zip:	Shirt Size: S M L XL XXL
Email:	Age on Race Day:
Runners Signature:	
**Under 18 Parent or Guardian Signature:	
Emergency Contact Name/Phone:	

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