

**BLUE RIDGE  
CONSERVANCY**  
SAVING THE PLACES YOU LOVE

**Blue Ridge Conservancy 5K  
& 1 Mile Kids Fun Run**

Saturday, September 16, 2023  
Blowing Rock, NC

5K Run/Walk at 8:00 am  
1 Mile Kids Fun Run at 9:00 am

Register online at:  
[athlinks.com/event/blue-ridge-conservancy-5k-15646](https://athlinks.com/event/blue-ridge-conservancy-5k-15646)

or complete and return with your check payable to:

Blue Ridge Conservancy  
PO Box 568  
Boone, NC 28607

- 5K Run/Walk  
 1 Mile Kids Fun Run

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Birth date: / /

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Please circle one:      Male      Female

Please check one age category below:\*

- 13 and under     14-18       19-29  
 30-39             40-49       50-59  
 60-69             70+

*\*Prizes will be awarded to the open, masters,  
and top three age group winners*

5K Early Registration Fee \$25 per runner
5K Day-of Registration Fee \$30 per runner
1 Mile Kids Fun Run Early Registration Fee \$15 per runner
1 Mile Kids Fun Run Day-of Registration Fee \$20 per runner

**Race Day Registration**

Registration is from 6:30am to 7:30 am on Sept.  
16th at the **Blowing Rock Parks and Recreation  
Center at 145 Park Avenue.**

Race ends at Bistro Roca Restaurant.



**Please read and sign below:**

Waiver: In consideration of acceptance of this entry, I hereby assume all risks of participating in the 2023 Blue Ridge Conservancy 5K Run/Walk and Fun Run and release and forever discharge and hold harmless any and all race sponsors, race organizers, and committees, the Town of Blowing Rock and the Charitable Donee for the event, their employees, agents, or representatives from any and all actions, cause of action, claims, losses and liabilities arising out of injury to or damage sustained by myself. I attest and verify that I am physically fit and sufficiently trained to compete in this event and in the event of injury to me, I hereby consent and authorize the administration of all medical treatment and tests that may be considered advisable and necessary in the judgment of any qualified medical personnel. I agree that I am responsible for all medical costs incurred related to participation in this event and confirm that I provide complete medical insurance for any medical expenses, which may be incurred. I authorize the race organizers or the Charitable Donee to publish, copyright and lawfully use any photographs or film footage taken or any statements or testimonials made by me as a participant of the 2023 Blue Ridge Conservancy 5K and Fun Run. In case of a minor participation, I, the parent or guardian, hereby authorize my child to participate in this event and agree to all terms stated herein.

**Emergency Contact Information:**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Please print name (s) and sign below:

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or legal guardian of minor (print) \_\_\_\_\_

Signature of legal guardian of minor \_\_\_\_\_ Date \_\_\_\_\_

**Questions?**

Call 828-264-2511 or visit [www.blueridgeconservancy.org](http://www.blueridgeconservancy.org) for directions and race course maps.

The 22nd Annual  
**Blue Ridge Conservancy 5K**  
*Sponsored by Stick Boy Bread Company*  
and

**1 Mile Kids Fun Run**  
*Sponsored by Blue Ridge Pediatric and Adolescent Medicine*

**September 16, 2023 Blowing Rock, North Carolina**

**5K Run/Walk - 8:00am**

**1 Mile Kids Fun Run - 9:00am**

**Please Note:**

Day-of registration will be from 6:30-7:30am at the Blowing Rock Parks and Recreation Center at 145 Park Avenue in downtown Blowing Rock.

The finish line for the 5K Run/Walk is at **Bistro Roca, 143 Wonderland Trail, Blowing Rock.**  
The Kids Fun Run will begin at Bistro Roca.

**Advance Bib # & Packet Pick Up**

Pre-register and pick up your race bib at Stick Boy Bread Company, 345 Hardin St., Boone, NC from 2:00pm-6:30pm on Friday, September 15th.

**Parking**

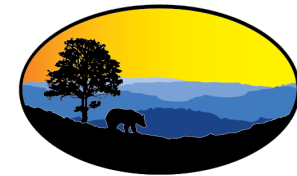
Easy parking! Use the two-level parking deck on Wallingford Rd. behind the town park immediately next to the American Legion.

Go to [blueridgeconservancy.org](http://blueridgeconservancy.org) for more information, directions and maps



Blue Ridge Pediatric  
and Adolescent Medicine

Follow BRConservancy on:



**BLUE RIDGE  
CONSERVANCY**  
SAVING THE PLACES YOU LOVE

Blue Ridge Conservancy partners with landowners and local communities to permanently protect natural resources with agricultural, cultural, recreational, ecological and scenic value in northwest North Carolina.

[www.blueridgeconservancy.org](http://www.blueridgeconservancy.org)