



# 8th Annual Rappahannock River 3-Mile Run/Walk

St. Margaret's School · Tappahannock, VA

Saturday, October 21, 2006 · 8:00 a.m.

**Course:** It's a flat, fast course—the 3-mile route winds through residential streets along the Rappahannock River. The race begins and ends in front of St. Margaret's Hall (long building with red roof and cupolas), which is located on Water Lane, one block east of Route 17 in the Town of Tappahannock.

**Time:** The 3-mile race begins at 8:00 a.m. sharp.

**Parking:** Convenient race morning parking (just two blocks away!) is available in the Methodist Church parking lot on Earl Street, near Lowery's Restaurant.

**Entry Categories:** Male - 18 & under, 19-39, 40 & up  
Female - 18 & under, 19-39, 40 & up

**Awards:** All pre-registrants receive an official race T-shirt. Shirts will be available to race day registrants as supplies last. The first three winners in each age category will receive an award. The first Essex County resident, SMS student, SMS parent, and SMS student/parent duo will receive special prizes.

**Enter now!** Save money and register now, using the tear-off form below. Registration before race day is \$15. Race day registration will be available for \$20 from 6:45 to 7:45 a.m. Please make your check payable to St. Margaret's School and mail it to: St. Margaret's School, Attention: Leslie McBride, P.O. Box 158, Tappahannock, VA 22560-0158.

**More Info:** Questions? Contact Leslie McBride at (804) 443-3357 or [lmcbride@sms.org](mailto:lmcbride@sms.org).

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Name: \_\_\_\_\_ Age on 10/21/06 \_\_\_\_\_ Sex: \_\_\_\_\_ Male \_\_\_\_\_ Female

Address \_\_\_\_\_ City & State \_\_\_\_\_ Zip \_\_\_\_\_

Event: 3-Mile Race

Waiver Statement/Athlete's Release (MUST be signed, dated, and submitted with registration): In consideration of the acceptance of this entry, I, the undersigned, assume full and complete responsibility for any injury or accident which may occur during the event or while I am on the premises of the event. I attest and verify that I am physically fit and have sufficiently trained for this event. Furthermore, I hereby release and hold harmless the sponsors, organizers, volunteers, and all other persons or entities associated with this event from any and all claims and liabilities of any kind arising out of my participation.

Parent or Guardian must sign for a minor.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date