



FLAG ROCK 5K TRAIL RUN

Thursday, August 13, 2026

5:30 PM

Norton, VA

The **fourth** annual Flag Rock 5K Trail Run is part of the annual High Knob Outdoor Fest hosted by the City of Norton. The race route is located on the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. Race proceeds benefit the High Knob Outdoor Fest, which helps highlight the abundance of outdoor recreation opportunities in the High Knob Region through outdoor trips, events, and presentations that encourage more people to get outdoors. See www.highknoboutdoorfest.com for details. All participants will receive a High Knob Outdoor Fest T-shirt.

Registration fees: Jan. 1-August 11: \$20. Race day registration: \$25. Make checks payable to: City of Norton.

Mail this form to: City of Norton, C/O Katie Dunn, P.O. Box 618, Norton VA 24273. Headphones are permitted on the course. Strollers are not permitted on the course.

QUESTIONS?

Contact Katie Dunn at kated@nortonva.org

AWARDS

- Male and Female: Top Three Overall.
- All participants will receive a High Knob Outdoor Fest T-Shirt.

LAST NAME _____ FIRST NAME _____ M.I. ____ SEX ____

DATE OF BIRTH ____/____/____ AGE ON RACE DAY _____ EMAIL _____

ADDRESS _____ CITY _____ STATE ____ ZIP _____

PHONE (____) _____ - _____

RACE DAY EMERGENCY CONTACT (NAME AND PHONE) _____

***** CIRCLE SHIRT SIZE: SM, MD, LG, XL**

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. STROLLERS ARE NOT ALLOWED ON THE RACE COURSE. PARTICIPANTS USING HEADPHONES ARE NOT ALLOWED ON THE RACE COURSE.

SIGNATURE _____ DATE ____/____/____ (Parent signature if under age of 18)