

Fit Farmer 12K Trail Run

Saturday, May 23, 2026

9 a.m.

Flag Rock Area Trails

Norton, Va.

The ninth annual Fit Farmer 12K Trail Run will be held at 9 a.m. on May 23, 2026 on the Flag Rock Area Trails system. Proceeds benefit the Norton Friends and Farmers Market's Senior Supplement Nutrition Program, which provides incentives that allow low-income senior citizens to purchase fresh fruits and vegetables at the farmers market. **Runners that register by May 10, 2026 are guaranteed a race shirt.** See www.fitfarmertrailrun.wordpress.com or www.facebook.com/fitfarmertrailrun for more details. **Registration fees are as follows:** \$30 Oct. 11, 2025-Feb. 28, 2026; \$35 March 1-April 19; \$40 April 20-May 20. Race day registration is \$45 and will be held from 7:30-8:45 a.m. This race is also part of the High Knob Triple Crown running series. See <https://highknobtriplecrown.wixsite.com/hktr> for details.

Make checks payable to: Norton Friends and Farmers Market

Mail This Form To: Fit Farmer 12K Trail Run, City of Norton, C/O Katie Dunn, P.O. Box 618, Norton, VA 24273.

<u>QUESTIONS?</u>	<u>AWARDS</u>
Contact: Katie Dunn, katied@nortonva.org or (276) 679-3103	<ul style="list-style-type: none">• Male and Female: Top Three Overall• Male/Female Masters• Age Group Awards: Top three in the following categories: 29 and Under; 30-39; 40-49; 50-59; 60 and over.

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

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

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE (____) _____ - _____ ANTICIPATED MILE PACE (REQUIRED): _____

RACE DAY EMERGENCY CONTACT (NAME AND PHONE) _____

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

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 the age of 18)