

Hellbender 10K

Saturday, Oct. 2, 2027

10 AM Norton, VA

Climb to the highest point in the Cumberland Mountains. The 14th annual hill climb starts in downtown Norton and travels to the High Knob Observation Tower, boasting more than 2,000 feet of elevation gain. Race begins at 10 a.m. The race is one-way. Runners will be provided a shuttle back to their vehicles. Race proceeds benefit the High Knob Destination Center, an interpretive and environmental education center in the City of Norton. Runners that register by Sept. 20, 2027 are guaranteed a race shirt. This race is also part of the High Knob Triple Crown running series. See <https://highknobtriplecrown.wixsite.com/hkctc> for details.

Registration fees are as follows: Oct. 31, 2026-Feb. 28, 2027: \$35; March 1-June 30: \$40; July 1-Oct. 2: \$45. Race day registration is \$50 and begins at 8:30 a.m. **Make checks payable to:** The City of Norton.

Mail this form to: the City of Norton, c/o Katie Dunn, P.O. Box 618, Norton, VA 24273.

Headphones are not permitted on the course. Strollers are not permitted on the course.

<u>QUESTIONS?</u>	<u>AWARDS</u>
Contact Katie Dunn at katied@nortonva.org	Male and Female: Top Three Overall. Male/Female Masters Age Group Awards (29 and Under; 30-39; 40-49; 50-59; 60-69; 70 and over) Finisher Medals

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

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

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE (_____) _____ - _____ Do you plan on using the race's shuttle service from the finish line back to your vehicle? The shuttle is free. Yes () No ()

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)