

Event Details

★ September 30, 2023 ★

- 5 mile road race for runners & walkers
- Youth 12 & under 1 mile run

8:30am we will challenge our youth 12 & under to a 1-mile run. Awards will be presented.

9:00am River Bend Run 5 mile run/walk will begin. The course is rolling on paved and gravel roads. Miles will be marked. Awards will be given to the top male and female overall runners.

Waiver

I, the undersigned, waive and release myself, my heirs, executors and administrators, and assume the risk of physical injury or death from participation in River Bend Run, and waive all rights and claims for damages, demands, and any other actions whatsoever, which I may have against all participating sponsors and supporters of those entities, successors, representatives, and assigns, arising out of my participation in this event. I certify that I am (or my child is) in proper physical condition to participate in this activity.

Signature

Parent or guardian signature for runners under 18 years of age:



Cox's Chapel Community Club • Mouth of Wilson, Virginia

Join us for our 4th Annual 5 Mile Run in Cox's Chapel Community.

This is a challenging run on paved and gravel roads along creeks, pastures, and the New River.

This event is a fun-raiser for our Community Club to update and upgrade facilities for the enjoyment of all who share it with us.

Run will be held Oct 7th if there is lightning.

www.RiverBendRun.com

Directions:

From Independence, VA. From the stoplight (at the Historic 1908 Courthouse) continue 2.4 miles on 58W to Battlefield Road (SR 711) turn left onto Battlefield, go 3.7 miles on Battlefield passing River Ridge Ranch. The road bends hard to the left, turn left and cross the low water bridge. Continue 1.5 miles to Cox's Chapel Community Club on the left.

From Sparta, NC: Highway 21/221 until it becomes 221, continue on 221 to Rt. 93W. Turn right on 93W and go 3.9 miles to Mt. Carmel Road. Turn right on Mt. Carmel, go 6/10 of a mile to Turkey Knob Road, turn right on Turkey Knob. After 1.1 miles, Turkey Knob will cross into Virginia. Turkey Knob will merge with SR 601, Bridle Creek Road, continue on 601 (to the right) for approximately 1/2 of a mile to Cox's Chapel Community Club on the right.

Entry Form

5 Mile Run/Walk

Entry post marked by Sept. 20 \$18.00

After Sept. 20 or Race Day \$20.00

1 Mile Run \$ 8.00

If registering day of race - please register at least 15 minutes prior to race start

Name: _____

Address: _____

Email: _____

Age on race day: _____

Birthdate: _____

Male

Female

Shirt Size: S M L XL

Youth Shirt Size: S M L

Shirts are guaranteed to the first 30 people who register by September 17th.

Make Checks Payable to:

Cox's Chapel Community Club

Mail to: 777 River Bend Road
Mouth of Wilson, VA 24363

For more info or questions:

Kate Irwin - 276-235-0445
kate@kateink.com

RIVER BEND RUN

*easy to start...
hard to finish*

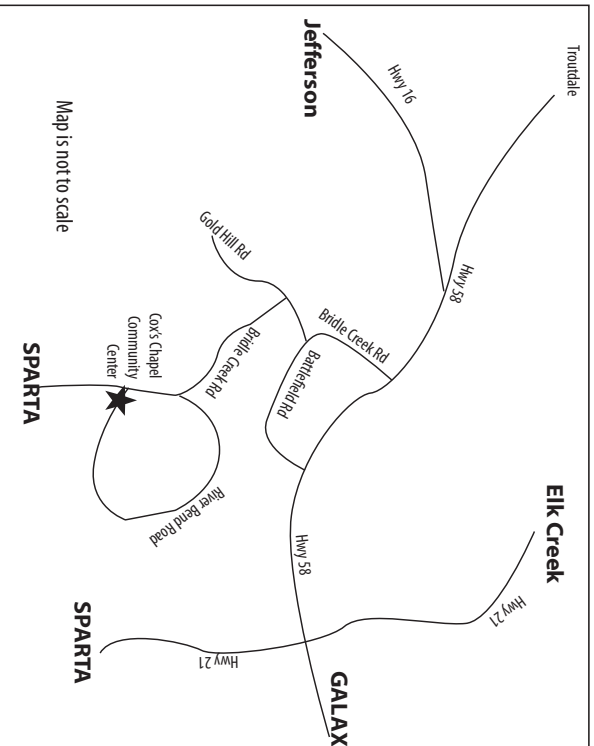
5 MILES



09|30|23

Cox's Chapel Community Club • Mouth of Wilson, Virginia

777 River Bend Road
Mouth of Wilson, VA 24363



Mile 1 is pavement. We will have people directing/delaying traffic.
After Mile 1 it will be a "closed course", Miles 2.5 to 4 are gravel/dirt,
Mile 4.25 to the finish is pavement.

