

# RVCS Eagle Express 5K Walk/Run

**April 27, 2024 - 9AM**

**NEW: Activities for the whole family**

## Event Details

- Morning Registration - 7:30 to 8:30am
- **5K Race** – 9am
- Awards Ceremony
- Music
- Food (Lunch included)
- **Free** Activities for Families
- **Open to the community**
- **240 Participants last year!!!**
- Lots of Fun

Free Lunch  
with  
Registration

## Registration\*

\$25 Individual Registration

\$85 Family of Four Registration

(Family of Four registration includes parents and children 18 and under only. Families over 4, please include an additional \$15 per child 18 and under. **Each participant will need to complete registration form.**

\*Online Registrations will incur a \$2 fee

**T-shirts not guaranteed if you register after April 12th.**

\*\* No pets or headphones due to safety reasons



Scan Here to  
register online

Register online or download your entry form at:

**[www.rvcs.info/rvcs-events](http://www.rvcs.info/rvcs-events)**

Online Registration closes at 11:59PM on Wednesday April 24th



Hosted by:  
**Roanoke Valley Christian Schools**



## \*Race Divisions

Prizes for the top three overall male and overall female finishers will be awarded. The top three finishers in each age division will receive medals.

### **Male/Female Age Divisions:**

<b>5 – 7</b>	<b>8 – 10</b>
<b>11 – 14</b>	<b>15 – 19</b>
<b>20 – 29</b>	<b>30 – 39</b>
<b>40 – 49</b>	<b>50 – 59</b>
<b>60 and over</b>	

\*Race Division have been simplified this year to accommodate race

## Packet Pick-Up (Location)

Thursday April 25 from 3pm to 6:30pm at  
**Roanoke Valley Christian Schools.**

OR

Friday April 26 from 8:30am to 5:00pm  
**Roanoke Valley Christian Schools**

OR

Saturday April 27 from 7:30am to 8:30am at  
**RVCS Registration Tent – Race Day**



# RVCS Eagle Express

## 5K Mail In Form

April 27<sup>th</sup>, 9:00 AM

Mail this form with check to:  
Roanoke Valley Christian Schools  
6520 Williamson Road  
Roanoke, VA 24019



Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Race Distance:  5K  T-Shirt Only

Gender: Male Female

Age on April 27, 2024: \_\_\_\_\_

\*Online Registrations will incur a \$2 fee

T-shirt Size: Youth S Youth M Adult S Adult M Adult L Adult XL Adult XXL

*T-shirts are not guaranteed if registered after April 12, 2024*

**\$25 Individual Registration** (Each registration includes lunch meal ticket, t-shirt, and entrance into the 5k)

**\$85 Family of Four** (Family of Four registration includes parents and children 18 and under only. Includes 4 meals. Families over 4, please include an additional \$15 per child 18 and under. Each participant will need to complete registration form.)

**\$10 T-Shirt Only** (Please order by April 15<sup>th</sup>. Shirt not guaranteed after April 15<sup>th</sup>. Does not include race registration)

**Waiver:** In consideration of being permitted to participate in the RVCS Eagle Express 5K for myself, my heirs, executors, administrators and assignees, I do hereby release and forever discharge Roanoke Valley Christian Schools, County of Roanoke, and their respective officers, employees, agents, subsidiaries, sponsors and affiliates, and all those persons involved in organizing and staffing this event from all claims, demands, losses, damages, actions, causes of actions or suits of whatsoever kind or nature, arising out of my participation in the race on April 27, 2024. **No pets or headphones. There will be no refunds.**

**Signature** (If runner is under 18, parent or guardian must also sign):

\_\_\_\_\_

**Signature** (Parent or guardian, if applicable)

\_\_\_\_\_

