

**Awards for top 3 overall male and female finishers and top 3 in age group categories. Medals to top ten fun run finishers. A FREE "Tot Trot" will also be held.**

**Place:** Montross, Va. Rescue Squad  
**Date:** October 5, 2019  
**Check In Time:** 7:00am  
3 Mile Race Time: 8:00am  
One Mile Run/Walk Time: 9:00am

# Hometown Hero Chandler 3 Miler

**Be a Hometown Hero**

Run in the

**11th Annual Chandler 3-Miler**

**A one mile Run/Walk for under 12**

Special thanks goes to Hometown Heroes, Ferdie and Bonnie Chandler for their contributions to the Washington & Lee Cross Country Team

 **NEW**  
**2 Ways to Participate**

**Be a Hometown Hero  
and Run for **FREE**.**

Donate three (3) hours of your time. You pick where you want to volunteer and then tell us your Heroic Action on the attached registration form. It's easy and you become a Hometown Hero.

**or ... Pay \$20**

Pay \$20 before or the day of the race. \$10 for mile run. Fill out the attached registration form. Checks payable to W&L High School.

Either way ...

**Be a Hometown Hero!**

\* All entrants will receive a t-shirt \*

\*\*\*All Proceeds Support the Washington & Lee High School Cross Country Team\*\*\*

Remember: you  
can run for **FREE!**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Male/Female

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

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

Email: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

3 Miler \_\_\_\_\_ Shirt Size: Small Medium Large X-Large

1 Mile Run/Walk \_\_\_\_\_ Youth Shirt Size: Small Medium Large

**WAIVER:** I hereby release the Race Sponsors and organizers from any responsibility for my participation in these events. I for myself, my heirs, executors, and administrators waive and release any and all rights and claims for personal damage I may have against race officials and sponsors. I attest that I am sufficiently physically fit for this event. Parent or Guardian waiver for minors (under 18 year olds) if applicable. Must have waiver with parent/guardian signature for all minors.

Runner's Signature: \_\_\_\_\_

Parent/Guardian Signature

If under 18: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

My **FREE** Heroic Action:

Hours:

Mail registration and fee to: **Cole Vanover, 16380 Kings Highway  
Montross, Virginia 22520 (Donations also accepted).** For questions,  
call: **804-493-8015** or email: **Vanovercb@wmlcps.org**

## **FREE Heroic Actions**

**Include, but not limited to the following:**

*Food Bank, Food Pantries, Nursing Homes, Roadside trash pick-up, Adopt a classroom, School beautification projects, Non-profits, Playground/park cleanup, River cleanup, Animal shelters, YMCA (coaching/referees), School reading programs, Community Events, Mentorships, Plant a Tree, Send cards to Servicemen, Work the polls, Adopt a sports team, Yardwork for the elderly, Raise funds for a cause, Collect for homeless shelters, Work concessions, Help prepare ball fields, or **PROVIDE YOUR CHOICE.** Keep track of your hours.*