

# Lakeside Nature Trail

## 5k Run/Walk

Stonewall Resort will host our sixth celebration of *American Hiking Society's National Trails Day* that is recognized June 2<sup>nd</sup>. This year we will be holding a 5k run/walk through our beautiful Lakeside Nature Trail. The event will take place at Stonewall Resort State Park on **June 16<sup>th</sup> from 8:00 am to 10:00 am**. This 5k is open to people of all ages. Participants can walk or run. Set your own pace and enjoy the excitement. There will be a **\$20 registration** fee which will include an event t-shirt and a donation to the Stonewall State Park Foundation for future trail maintenance.

The trail follows the lake while paralleling the park road for the first .3 mile. It then crosses the park road and meanders up and back along Carrion Bay. The trail gently rolls alongside the bay, crosses a small stream and back along the north shore of the bay to the park road near the Cairns Trail head. You'll then walk back along the park road, across the causeway and follow the trail back to the lodge.

Participants must sign the waiver of liability below to take part and participants under the age of 18 must be accompanied by an adult. Please complete the information below and send back the bottom half. All participants will meet at the trail head in front of the lobby entrance to the resort by **7:45AM**. The expected starting race time is approximately **8:00 AM**. To ensure desired t-shirt size, please register by **June 5, 2018**. There will be late registration at **7:15 AM** the day of the event. Those registering the day of the event will receive a t-shirt while supplies last. Payment will be accepted in the form of cash or check. If you have any questions, please call Mercedes Dowell at 304-269-8828 or email [mdowell@stonewallresort.com](mailto:mdowell@stonewallresort.com).



Please mail this form and \$20 check to: **Stonewall State Park Foundation** 149 State Park Trail Roanoke, WV 26447.

Print Name: (first) \_\_\_\_\_ (last) \_\_\_\_\_

Age: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_ t-shirt size: S M L XL XXL

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

**WAIVER:** In consideration of the acceptance of the entry, I waive for myself, my heirs and assigns, all claims for damages which I might have against the event, its sponsors, or any other organization, business or individual as a result of any and all injuries or loss of items which might occur during the event. I also release any photos that may involve me.

**SIGNATURE**

**REQUIRED:** \_\_\_\_\_

PARENTS MUST ALSO SIGN IF PARTICIPANT IS UNDER 18 YEARS OF AGE

**PARENT/LEGAL**

**GUARDIAN:** \_\_\_\_\_

