



The American Journey 5K & Family Fun Run

April 22nd, at The Frontier Culture Museum in Staunton, VA

Race Information

The American Frontier Culture Foundation is hosting our first fundraiser of 2023: ***The American Journey 5K & Family Fun Run***. Springtime is one of the most beautiful times of the year to experience the Museum. This race will take runners on a journey through history along scenic pathways and through the heart of the Frontier Culture Museum. Runners will pass by historic farms and buildings representing the people who settled on the western edge of England's North American colonies during the 18th century. The Old World exhibits show the diverse origins of American Frontier Culture; the American exhibits demonstrate how the Old World cultures and the American Indian culture influenced the environment of the early American Frontier and produced a distinct, new American culture. Don't worry about zooming past the exhibits because after the race, admission **to the Museum is complimentary on race day, for race participants.**

5K (3.1 miles) Race registration opens February 8, 2023, with an early bird price of \$40.00. Price increases to \$45.00 day of the race.

Family Fun Run registration (Old World Loop) opens February 8, 2023, with an early bird price of \$15.00. Price increases to \$20.00 day of the race. The Family Fun Run is perfect for kids or the whole family!

Both races will include fantastic views, a fun race day t-shirt, a medal, post-race snacks and beverages, and admission to the Frontier Culture Museum!

Sign Up <https://runsignup.com/Race/VA/Staunton/TheAmericanJourney5KFamilyFunRun>

- Contact us for questions: info@afc-foundation.org or call 540-332-7850

The American Frontier Culture Foundation, incorporated in 1982 as a tax-exempt, 501(c)3 organization. We provide resources to the Frontier Culture Museum of Virginia. Thank you for your generous support. All proceeds from the 5K and Fun Run benefit the Frontier Culture Museum.

Registration Form

First name: _____ Last name: _____

Age on race day: _____ Gender: ☐ Male ☐ Female

Email: _____ Phone: _____

Street address: _____

City: _____ State: _____ Zip: _____

Choose a race to enter:

☐ 5K Run ☐ Kids Fun Run/Walk

T-shirt size: Adults

☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL

T-shirt size: Kids Fun Run

☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Please register before March 24th to receive a T-Shirt.

T-Shirts are not guaranteed after this date.

Waiver

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to falls, contact with other participants, and effects of the weather, including heat and/or humidity, lightning, and extreme cold, traffic and the conditions of the road such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release (The American Frontier Culture Foundation and The Frontier Culture Museum of Virginia and all sponsors) and event volunteers, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all the foregoing to use my name and images of myself in any photographs, motion pictures, results, publications or any other print, video graphic, or electronic record of this event for legitimate purposes. ☐ By checking this box, I agree to the waiver above

Signature (parent/guardian if under 18): _____ Date: MM / DD / YYYY