



Mountain Fork Half Marathon

Sunday, September 20, 2026

9 a.m.

Norton, Va.

The seventh annual Mountain Fork Half Marathon starts and finishes at the High Knob Observation Tower in Wise County and on the Jefferson National Forest's Clinch Ranger District. The 13.6-mile loop travels predominantly graveled roads through the Mountain Fork watershed, boasting 1,600 feet of elevation gain. Race proceeds benefit trail development and maintenance in Flag Rock Recreation Area and on High Knob. Runners that register by September 4, 2026 are guaranteed a race shirt. This race is also part of the High Knob Triple Crown running series. See <https://highknobtriplecrown.wixsite.com/hkmc> for details.

Registration fees: Oct. 11, 2025-March 31, 2026: \$50; April 1-Aug. 19: \$55. Aug. 20-September 20: \$60. Race day registration begins at 7:30 a.m. **Make checks payable to:** City of Norton.

Mail this form to: City of Norton, C/O Katie Dunn, P.O. Box 618, Norton VA 24273. Headphones are permitted on the course. Strollers are not permitted on the course.

<u>QUESTIONS?</u>	<u>AWARDS</u>
Contact Katie Dunn at katied@nortonva.org	• Male and Female: Top Three Overall. • Male/Female Masters • Age Group Awards (29 and Under; 30-39; 40-49; 50-59; 60 and Over) • Finisher Awards

LAST NAME _____ FIRST NAME _____ M.I. ____ SEX ____

DATE OF BIRTH ____/____/____ AGE ON RACE DAY _____ EMAIL _____

ADDRESS _____ CITY _____ STATE ____ ZIP _____

PHONE (_____) _____ - _____

RACE DAY EMERGENCY CONTACT (NAME AND PHONE) _____

*** **CIRCLE SHIRT SIZE:** SM, MD, LG, XL, XXL

IN CONSIDERATION FOR ACCEPTING MY ENTRY IN THIS RACE, I FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE ORGANIZERS AND SPONSORS OF THIS EVENT. I ALSO RELEASE THE ABOVE NAMED FOR ALL CLAIMS OF DAMAGE DEMANDS, AND ACTIONS IN ANY MANNER DUE TO ANY PERSONAL INJURIES, PROPERTY DAMAGE, OR DEATH SUSTAINED AS A RESULT OF MY TRAVELING TO AND FROM AND MY PARTICIPATION IN SAID RACE. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPETITION OF THIS EVENT. IN FILLING OUT THIS FORM, I ACKNOWLEDGE I HAVE READ AND FULLY UNDERSTAND MY OWN LIABILITY AND ABILITY. STROLLERS ARE NOT ALLOWED ON THE RACE COURSE. PARTICIPANTS USING HEADPHONES ARE NOT ALLOWED ON THE RACE COURSE.

SIGNATURE _____ DATE ____/____/____ (Parent signature if under the age of 18)