

2013 Vineyard Stomp & Post-Race Wine Walk

The Vineyard Stomp is a four race series for runners of all abilities and levels. These cross-country races are entirely on dirt or grass trails that lead around and through a vineyard. Each of the four races is approximately 5 kilometers (3.1 miles) in length. Because the races are held on operating vineyards the terrain is varied and can include hills, off camber trails, and uneven surfaces making it both challenging and fun.

The June and August races start promptly at 10:00 a.m. to beat the heat, while the September and October races start at 11:00 am. On-site registration begins 2 hours before race time, and closes 15 minutes before race time.

Registered participants enjoy a unique cross-country race experience, professional timing, and age group, overall, and series awards. Participants who register for at least 3 out of the 4 races are eligible for the overall race series awards, and will receive a high-performance race t-shirt. Participants over the age of 21 will receive a bottle of wine from a Surry winery for each race completed.

Following the Vineyard Stomp 5K race is live music, food, a wine tasting from the host winery, and of course the awards ceremony. Proceeds of each race benefit a local charitable organization.

Winery race location, date of race, and benefiting organization:

Stony Knoll (Dobson) – June 1 – benefitting Foothills Food Pantry

Olde Mill (Mt. Airy) – August 24 – benefitting Surry Community College Student Emergency Fund

Grassy Creek (Elkin) – September 28 – benefitting The Arc Homeless Shelter

Round Peak (Mt. Airy) – October 26 – benefitting the Mt. Airy Museum of History

Registration & Fees:

Participants may register for the individual Vineyard Stomp races or the entire race series at www.active.com or any of the four host Vineyards. The cost for adults (over 21 years of age) is \$28/race for early registration or \$32/race on the day of the race or \$99 for the entire 4-race series (not inclusive of any Active.com fees). The cost for participants under the age of 21 is \$15/race for early registration or \$20/race on the day of the race or \$49 for the entire 4-race series.



2013 Vineyard Stomp 5k Cross-Country Race Series

June 1 – August 24 – September 28 – October 26



Name: _____ Birthdate: _____ Gender: M F
 Address: _____
 City: _____ State/Zip: _____ Shirt Size: _____

Race Registration Fees (check one):

Or REGISTER ONLINE at ACTIVE.COM, search on "Vineyard Stomp 5K"

Note: To be eligible for the Vineyard Stomp Race Series Awards, you must complete in 3 or more races.

- Vineyard Stomp 5K Race Series – ALL 4 RACES ***
 ___ Adults (21 & older) – \$99 includes Vineyard Stomp series T-Shirt; and a bottle of wine & wine tasting at each race.
 ___ Under 21 -- \$49, pre-registration required. includes a Vineyard Stomp T-Shirt
- Vineyard Stomp 5K Race Series – Any three races (includes eligible for Race Series awards) ***
 ___ Adults (21 & older) – \$99 includes Vineyard Stomp series T-Shirt; and a bottle of wine & wine tasting at each race.
 ___ Under 21 -- \$40, pre-registration required. includes a Vineyard Stomp Series T-Shirt
- Vineyard Stomp 5K Race at Stony Knoll Vineyards (June 1, 10:00 a.m.)**
 ___ Adults (21 & older) – \$99 includes Vineyard Stomp series T-Shirt; and a bottle of wine & wine tasting at each race.
 ___ Under 21 -- \$40, pre-registration required. includes a Vineyard Stomp Series T-Shirt
- Vineyard Stomp 5K Race at Olde Mill Vineyards (August 24, 10:00 a.m.)**
 ___ Adults (21 & older) – \$99 includes Vineyard Stomp series T-Shirt; and a bottle of wine & wine tasting at each race.
 ___ Under 21 -- \$40, pre-registration required. includes a Vineyard Stomp Series T-Shirt
- Vineyard Stomp 5K Race at Grassy Creek Vineyards & Winery (September 28, 11:00 a.m.)**
 ___ Adults (21 & older) – \$99 includes Vineyard Stomp series T-Shirt; and a bottle of wine & wine tasting at each race.
 ___ Under 21 -- \$40, pre-registration required. includes a Vineyard Stomp Series T-Shirt
- Vineyard Stomp 5K Race at Round Peak Vineyards (October 26, 11:00 a.m.)**
 ___ Adults (21 & older) – \$99 includes Vineyard Stomp series T-Shirt; and a bottle of wine & wine tasting at each race.
 ___ Under 21 -- \$40, pre-registration required. includes a Vineyard Stomp Series T-Shirt

ALL Applicants MUST Sign Waiver! Upon acceptance of this entry, I, for myself, my heirs and assigns, hereby release the sponsors, wineries, officials and volunteers of the Vineyard Stomp 5k Cross-Country Race Series Events; and all participating businesses and organizations from any and all liability arising from illness, injury, or death I may suffer as a result of my participation in the event. I attest that I am physically able and have sufficiently trained for this event and am aware that participation in this event could result in physical injury. Should officials determine that completion of the event would be injurious to my health, I consent to be removed from event and treated by designated medical personnel. I agree to accept the decisions of the officials as final. I also understand that wheeled vehicles-including bicycles, skates, strollers and scooters, as well as animals are prohibited from the course.

Signature: _____ Parent/Guardian: _____ Date: _____

* Pre-registration must be received 3 days prior to the race date

Send registration forms and race fees to:

Round Peak Vineyards, 765 Round Peak Church Rd.. Mt. Airy, NC 27030

Questions: Email us at info@roundpeak.com; or call the winery at 336-352-5595