



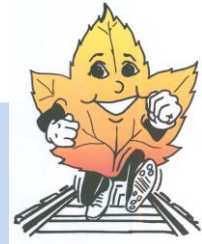
# CALLING ALL CHURCHES: WE WANT YOU!



Since 2004, the Ashcake Woman's Club has hosted the annual Ashland Harvest Run and raised over \$50,000 to support local charities and this year to celebrate our 10<sup>th</sup> anniversary will benefit ACES, Hanover Habitat for Humanity, the Hanover Interfaith Free Clinic, the RAFT House Community Center. The race has grown in popularity and is becoming a favorite among runners and walkers alike. In fact, last year, we had 10+ great church teams (***St. Ann's Catholic Church took the prize!***) and this year we'd like to increase that number with a challenge to even more church groups. YOU will benefit by getting in shape with friends and also receiving a reduced entry fee, and WE will benefit by increasing the success of the race and our support for local charities. In addition, the 3 largest teams this year will receive **prizes of \$100, \$50, or \$25** from our proceeds to benefit the charity or outreach project of their choice. We hope you'll join us in this healthy venture.

We have attached a sign-up sheet which you can circulate or post at your church. Consider your youth groups, your seniors, your altar guild and so on! *Friends may also join your team.*

## DETAILS:



**What & When:** Ashland Harvest Run, October 19, 2013, 8:00 am  
10K certified run and 5K certified walk  
AGAIN THIS YEAR: CHIPS provided by Commonwealth Timing

**Entry Fee:** Usually \$25, but reduced to \$20 each for teams of 3 or more through 10/5.

**PRIZE: \$100 to the FIRST PLACE** church team, for their outreach project of choice  
**\$ 50 to the SECOND PLACE** team  
**\$ 25 to the THIRD PLACE** team

(Please register by October 5 to be included in the team challenge and be assured a tee shirt. Participants may be added after that, but the registration fee increases. The winning team will be determined by registrations through Race Day.)

**More information:** This packet includes team registration form, individual registration form and sign up sheets to post or pass around to generate interest.  
*Remember you can include friends from outside your church community.*

**Questions?** Call Linda Feeley 804-798-4402 or email [lindafeeley@gmail.com](mailto:lindafeeley@gmail.com)



# CHURCH CHALLENGE REGISTRATION FORM

## ASHLAND HARVEST RUN

We would like to enter a team into the Ashland Harvest Run on October 19, 2013

Church Name \_\_\_\_\_

Church Address \_\_\_\_\_

Team Contact Person \_\_\_\_\_

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

Preferred Phone # \_\_\_\_\_

The largest team of participants on the day of the race will be awarded \$100 to use toward the outreach program of their choice. (The second prize will be \$50 and third prize will be \$25.) Does your team have a project in mind, and if so, will you provide a brief description?

We may post this information on our webpage, or share it on race day in the program. Is that ok with you? \_\_\_ Yes \_\_\_ No

Remember to have your members *list your church name* on their individual registration forms. These forms can be found on our website They can also register online ([www.ashlandharvestrun.com](http://www.ashlandharvestrun.com)) or use the last page of this packet.

**RETURN THIS FORM AS SOON AS POSSIBLE TO: Linda Feeley**  
**By Mail: 703 Wales Way, Ashland, VA 23005**  
**Or simply email the requested information to: [lindafeeley@gmail.com](mailto:lindafeeley@gmail.com)**  
**Questions? Call 804-798-4402**

# WE'RE GETTING IN SHAPE! WILL YOU JOIN US?



- A group of us are planning to get in shape and participate in the Ashland Harvest Run/Walk on October 19th. Everyone is welcome, and church teams can **win a prize of \$100, \$50, or \$25 toward a charity/outreach program at their church.**
- The cost is \$20 to enter and you can also bring a friend(s)!
- More details to come about our training plans. This will be lots of fun, getting in shape together. Let us know if you are interested!
- Our Team Organizer is: \_\_\_\_\_



Your Name	Phone	Interested in 10K Run	Interested in 5K Run/Walk



# The CHURCH TEAM CHALLENGE!

## Ashland Harvest Run, Oct 19

We hope to get together the largest team and win the prize! Bring a friend! (cost is \$20 per person)



Your Name	Phone	Interested in 10K Run	Interested in 5K Run/Walk



AshlandHarvestRun.com \* Ashcake Woman's Club, GFWC \* 798-4402  
You must fill out a registration form, and list the church as your team!



# 10<sup>th</sup> Annual Ashland Harvest Run

## Saturday, October 19, 2013

Ashland Carter Park

10K Run 8:00 AM

5K Walk/Run 8:10 AM

Pre-register: Friday October 18, 2013

5:00-7:00 PM, Ashland Library

On site race-day registration & packet pick-up: 6:45-7:45 AM

Registration by mail with this form

Or Registration on-line at

[www.runsignup.com/Race/VA/Ashland/10thAnnualAshlandHarvestRun10K5K](http://www.runsignup.com/Race/VA/Ashland/10thAnnualAshlandHarvestRun10K5K)

Sponsorships  
Available

For more information e-mail [Ashlandharvestrun@comcast.net](mailto:Ashlandharvestrun@comcast.net)

or

contact Lynne (804) 690-1259 or Becky (804) 798-9341

Race will benefit Hanover Habitat for Humanity,  
Hanover Inter-Faith Clinics, ACES, WHEAT, Patrick Henry YMCA, Raft Community  
House and various other local charities

Registration Fee

\$25 if postmarked by October 5, 2013 \$30 after October 5, 2013

Registration fee for group

Fee for group of 3 or more \$20 p/person postmarked by October 5, 2013

\$25 p/person after October 5, 2013

Timing Chips will be used in  
the 10K and 5K this year  
By  
Commonwealth Timing

Music by Brent Small

Awards will be given for top  
runners and cash prizes

Team/Group/Church Name \_\_\_\_\_

Last Name: \_\_\_\_\_ First: \_\_\_\_\_

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

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Birth Date \_\_\_\_\_

Age the day of the race \_\_\_\_\_

In consideration of this entry being accepted, I, intending to be legally bound hereby for myself, my heirs, executors, and administrators, waive and release any and all rights I may have against the GFWC Ashcake Woman's Club, Inc., Town of Ashland, and all the sponsors of the Ashland Harvest Run to be held October 19, 2013 of any and all injuries suffered by me in said event. I attest that I am physically fit and have sufficiently trained for this event. I also acknowledge that transference of my race number invalidates my registration.

NO animals on leashes, skateboards and skates.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/guardian must sign for any participant under 18.

Both courses are US Track and Field Certified  
10K - 396214 5K - 396206

Circle one:

5K Walk/Run    10K Run

Do you want a T-Shirt? (circle one)    Yes    No

Adult T-Shirt Sizes (circle one)

S    M    L    X-L    XX-L

Shirts will be guaranteed to the first 225 registered by October 5, 2013.

Entry fee:

\$25 received by Oct. 5.....\$ \_\_\_\_\_

\$30 after Oct. 5.....\$ \_\_\_\_\_

\$20 p/person group rate by Oct. 5.....\$ \_\_\_\_\_

\$25 p/person group rate after Oct. 5...\$ \_\_\_\_\_

Donation.....\$ \_\_\_\_\_

Total.....\$ \_\_\_\_\_

All Donations are Tax Deductible #31-1640310



Checks payable to:  
GFWC Ashcake Woman's Club,  
Inc.  
P.O. Box 543  
Ashland, VA 23005