



# 6<sup>th</sup> Annual Ashland Harvest Run Saturday, October 24, 2009

10 K Run 9:00 am  
5K Walk/Run 9:10 am

Registration Friday October 23rd 5:30 pm – 7:00 pm  
Ashland Library

On site Race Registration and Packet Pick-up 7:45 am - 8:45 am

Registration by mail with this form  
Or Registration on-line at

[www.Active.com](http://www.Active.com)

For more information e-mail [Ashlandharvestrun@comcast.net](mailto:Ashlandharvestrun@comcast.net) or  
contact Lynne Wherry (804) 752-4915 or Becky Pollard (804) 798-9341

**Registration Fee \$22 if postmarked by Oct. 16, 2009 \$25 after Oct. 17, 2009**  
**Register a family of 3 or more \$15 per person if postmarked by Oct. 16, 2009**  
**\$20 after Oct. 17, 2009**

Race will benefit Saint James the Less Free Clinic, WHEAT, and various  
other local charities

Please visit our website at [www.ashlandharvestrun.com](http://www.ashlandharvestrun.com) for registration  
information and to see pictures of previous races.

### Thank you to our Sponsors

J.M. Pollard and Sons  
Music by Brent Small  
Breedlove Masonry, Inc.  
Patterson Construction &  
Consulting Co.

Sponsorships are available

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_  
Street Address: \_\_\_\_\_  
City/State/Zip Code: \_\_\_\_\_  
Phone \_\_\_\_\_ E-mail: \_\_\_\_\_  
Male \_\_\_ Female \_\_\_ Birthdate \_\_\_\_\_

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  
24, 2009, 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 baby joggers, baby strollers, head phones, animals on  
leashes, skateboards and skates.**

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

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

Parent or guardian must sign for any participants under the age of 18  
years of age.

US Track and Field Certification#:  
5K Walk/ Run VA06023RT  
10K Run VA04034RT

Please Circle one:  
5K Walk/Run    10K Run    Volunteer

ADULT T-SHIRT SIZES (CIRCLE ONE)

S    M    L    X-L

YOUTH T-SHIRTS SIZES (CIRCLE ONE)

YOUTH MEDIUM    YOUTH LARGE

Entry fee:  
\$22 received by Oct. 16.....\$ \_\_\_\_\_  
\$25 after Oct. 17.....\$ \_\_\_\_\_  
\$15 family rate per person  
by Oct. 16... ..\$ \_\_\_\_\_  
\$20 family rate after Oct. 17.....\$ \_\_\_\_\_  
Donation.....\$ \_\_\_\_\_

Total.....\$ \_\_\_\_\_  
All Donations are Tax Deductible #31-1640310

Make checks payable to  
GFWC Ashcake Woman's Club, Inc. and mail to:  
**GFWC Ashcake Woman's Club**  
**P.O. Box 543**  
**Ashland, VA 23005**  
**Or register on line at [www.Active.com](http://www.Active.com)**