



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

Saturday, October 16, 2010

Ashland Carter Park

10K Run 9:00 am

5K Walk/Run 9:10 am

Pre-register: Friday October 15, 2010

5:30-7:00 pm, Ashland Library

On site race-day registration & packet pick-up: 7:45-8:45 am

Registration by mail with this form

Or Registration on-line at

<https://www.raceit.com/register/?event=1739>

## Thank you to our Sponsors:

**J.M. Pollard & Sons, Inc.**  
**Breedlove Masonry**

**Music by Brent Small**

## Sponsorships are available

Awards will be given for top runners and t-shirts will be available to the first 250  
Participates  
Cash prizes

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

or

contact Lynne (804) 752-4915 or Becky (804) 798-9341

Race will benefit WHEAT, Hanover Safe Place and various other local charities

## Registration Fee

\$22 if postmarked by October 9, 2010 \$25 after October 10, 2010

## Registration fee for group

Fee for group of 3 or more \$15 p/person postmarked by October 9, 2010  
\$20 per person after October 10, 2010

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 16, 2010 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 will be US Track and Field Certified

## Circle one:

5K Walk/Run      10K Run

## Adult T-Shirt Sizes (circle one)

S      M      L      X-L

## Youth T-Shirt Sizes (circle one)

Youth Med      Youth Large

## Entry fee:

\$22 received by Oct. 9.....\$ \_\_\_\_\_

\$25 after Oct. 10.....\$ \_\_\_\_\_

\$15 p/person group rate by Oct. 9.....\$ \_\_\_\_\_

\$20 p/person group rate after Oct. 10.\$ \_\_\_\_\_

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