



# 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**

**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

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

**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