



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

## Saturday, October 22, 2011

### Ashland Carter Park

10K Run 9:00 am

5K Walk/Run 9:10 am

Pre-register: Friday October 21, 2011

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>

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 and Patrick Henry Family YMCA and various other local charities

#### Thank you to our Sponsors:

**Allen, Allen, Allen & Allen**  
**Ashland Physical Therapy**  
**JM Pollard & Sons, Inc.**  
**Breedlove Masonry**  
**Patterson Construction & Consulting Co.**  
**Gilman Mechanical**

Music by Brent Small

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

#### Registration Fee

\$22 if postmarked by October 15, 2011 \$25 after October 16, 2011

#### Registration fee for group

Fee for group of 3 or more \$15 p/person postmarked by October 15, 2011 \$20 per person after October 16, 2011

#### Church Challenge

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

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

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

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

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

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

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

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

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 22, 2011 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

#### Adult T-Shirt Sizes (circle one)

S      M      L      X-L      XX-L

#### Entry fee:

\$22 received by Oct. 15.....\$ \_\_\_\_\_

\$25 after Oct. 16.....\$ \_\_\_\_\_

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

\$20 p/person group rate after Oct. 16.\$ \_\_\_\_\_

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