

# The 7<sup>th</sup> Annual Shawsville Cross Country 5K

*“Run for the Food Pantry”*

**Distance:** 5000 meters (3.1 miles)

**Location:** Camp Alta Mons at Crockett Springs. On the right, four miles south of Shawsville, VA, on Alleghany Springs Road, also designated as St. Rte. 637.

**Date:** Saturday, November 6<sup>th</sup>, 2010

**Time:** Registration from 7:30 until 8:45. **Race starts at 9:00 AM.**

**Entry Fee:** Pre-registration before Monday, November 1<sup>st</sup>, \$17.00. On race day, \$20.00 T-shirt to all paid entrants.

**Awards:** Trophies to 1<sup>st</sup> and 2<sup>nd</sup> place overall for men & women  
Medals to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in all age groups for men & women

**Age** *Same age groups for both male & female runners.*

<b>Groups:</b>	12 & under	30 to 34	50 to 54	70 & over
	13 to 17	35 to 39	55 to 59	
	18 to 22	40 to 44	60 to 64	
	23 to 29	45 to 49	65 to 69	

**Course:** The course is precisely 5000 meters and is mostly level. It passes through both forest and meadow. Surfaces include trodden grass, asphalt, country road and trail. A detailed map of the course will be provided on race day.

**Records:** Men: Aaron Saft, 16:57 (2006)  
Women: Rachel Keller, 24:24 (2006)

**Results:** Will be posted on the websites for the Star City and Blacksburg Striders.

**Info:** Contact Marvin H. Ballard by phone at 268-1812 or by email at <mballard@mcps.org>

\*\*\*\*\*

## ENTRY FORM

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Age (on race day): \_\_\_\_\_

Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

**Disclaimer:** In consideration of the acceptance of this entry, I do hereby, for myself, my heirs, executors, administrators, and assigns, release and forever discharge the sponsors, and all those persons involved in organizing and manning this event, from all claims of any kind or nature, arising out of my participation in this race.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(If under 18, parent or guardian must sign.)

Make checks payable to “**Lay Ministerial Association**” and mail to:

Marvin H. Ballard  
4268 Seneca Hollow Rd.  
Shawsville, VA 24087  
**Attention: Food Pantry 5K**

Circle for your T-shirt size:      S                      M                      L                      XL