

# The 28<sup>th</sup> Annual Shawsville 5K

*Sponsored by the FNB Bank in Shawsville*

**Distance:** 5K & Fastest Family Competition, plus 1 Mile Fun Run  
**Location:** Shawsville Middle School; Shawsville, Virginia 24162  
**Date:** Saturday, July 4<sup>th</sup>, 2009  
**Time:** Registration from 6:30 until 7:45. **Race starts at 8:00 a.m.**  
**Entry Fee:** Pre-registration before July 1st, \$16.00. On race day, \$20.00.  
T-shirt to all paid entrants.

**Awards:** Trophies to 1st, 2nd & 3rd place overall for men & women  
Medals to 1st, 2nd & 3rd place in all age groups (5K only)  
Plaque to the Fastest Family (3 immediate family members, scored by age group)  
Ribbons to 1st, 2nd & 3rd for registered male and female Fun Runners

**Age** *Same age groups for both males & females*  
**Groups:** 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 exactly the same as it has always been. Mostly level, it starts east of the middle school and follows Oldtown Road west. It then loops left onto US 460 for the return leg and finishes downhill. Water will be available at 1.5 miles.

**Records:** Men: *Michael Cox, 14:31 (2003)*  
Women: *Beth Dillinger, 17:23 (1987)*

**Results:** Posted on the homepages of the Star City Striders and the Blacksburg Striders.

**Info:** Contact Marvin H. Ballard at home (268-1812), or send email to <[mballard@mcps.org](mailto:mballard@mcps.org)>

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## ENTRY FORM

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

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

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 **Eastern Montgomery High School** and mail to:  
Eastern Montgomery High School  
4695 Crozier Road  
Elliston, VA 24087  
Attention: Shawsville 5K

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