

The 6th Annual Shawsville Cross Country 5K

“Run for the Food Pantry”

- Distance:** 5,000 meters
- 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 7th, 2009
- Time:** Registration from 7:30 until 8:45. **Race starts at 9:00 AM.**
- Entry Fee:** Pre-registration before Monday, November 2nd, \$16.00. On race day, \$20.00
T-shirt to all paid entrants.
- Awards:** Trophies to 1st and 2nd place overall for men & women
Medals to 1st, 2nd and 3rd place in all age groups for men & women
Ribbons to 1st, 2nd and 3rd place for registered male & female fun runners.
- Age** *Same age groups for both male & female runners.*
- | | | | | |
|----------------|------------|----------|----------|-----------|
| 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 precisely 5000 meters and 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: Bobby Cerva, 21:49 (2008)
Women: Anna Clark, 33:02 (2008)
- 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 email at <mballard@mail.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