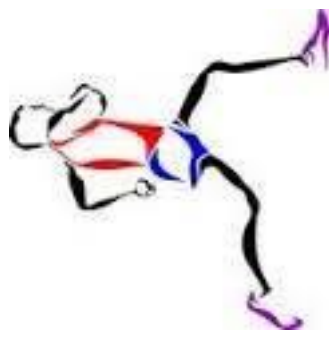


**29<sup>th</sup> Annual  
Twin County Regional Healthcare Galax Autumn Days**

**5K Run**

**October 20, 2018**

**10:00 AM**



sponsored by: Twin County Regional Healthcare & Galax Parks and Recreation Department

GALAX AUTUMN DAYS 5K RUN  
C/O GALAX PARKS & RECREATION DEPT  
POST OFFICE BOX 837  
GALAX, VIRGINIA 24333



## STARTING TIMES

10:00 am - 5K Run (3.1 miles)

9:00 am - 1-Mile Race for kids 12 & under

## REGISTRATION

8:00 - 9:45 am Saturday, October 20, 2018 in gymnasium at Felts' Park. 5K Run registration closes promptly at 9:45 am and for the 1-Mile Kid's Race at 8:45 am.

## ENTRY FEE

◆ \$17.00 for the 5K if postmarked by October 16, 2018.

◆ \$25.00 October 17 through Race Day.  
*Entry includes an attractive t-shirt.  
1-Mile Kid's Race Free - no t-shirt.*

## AWARDS

Overall winners will receive special awards along with their overall awards

Awards for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> each age group both Male/Female.

No Double-dipping awards. Higher award will be given if Master Runner places in the overall standings.

Bonus Awards will be given for breaking the Male/Female Overall & Master's course records. Award for Middle of the Pack Runner.

There will continue to be one award for the top Super Master winner (Age 60 +) both male and female in 2018.

If super master's winners place in the overall masters they are not eligible for the award No Double-dipping awards in age groups/masters divisions.

## RACE COURSE

The Galax Autumn Days 5K Run and 1-Mile Kid's Race both start and finish in Felts' Park at 601 South Main Street, Galax, VA. The 5K course is flat as it follows Chestnut Creek with a ½ mile stretch of the course being run on the New River State Park.

## AGE GROUPS - MALE/FEMALE

10 & Under	35 - 39	65 - 69
11 - 14	40 - 44	70 - 74
15 - 19	45 - 49	75 - 79
20 - 24	50 - 54	80 & Over
25 - 29	55 - 59	
30 - 34	60 - 64	

## COURSE RECORDS

Thomas Curtin 14:40 (2014)

Natalie Sherbak 16:58 (2008)

## MASTERS (40 & OVER)

Robert Murray 15:54 (2001)

Jennifer Van Diver 19:57 (2007)

## CLYDESDALE DIVISION

Melvin Lusk 19:21 (2004)

Rosa Marshall 27:27 (2001)

**CLYDESDALE DIVISION** (male runners must be over 200 lbs to enter & female runners 150 lbs & over) and must check entry form to be included. Awards 1<sup>st</sup> Place ONLY both Male & Female.

## 5K RACE INFORMATION

Tony Quesenberry, Race Director (276) 236-3218

## DIRECTIONS TO 5K RACE

Exit 14, I77 at US 58. Go west 58 until the intersection of US 58 and Rt. 89 take a left on Rt. 89 (Main Street) and go 8 blocks. Felts' Park is located on the left. Race begins and ends in the Felts' Park area.

## 2018 GALAX AUTUMN DAYS 5K RUN OFFICIAL RACE ENTRY FORM

*please print clearly & completely the following information*

*Please check appropriate box*

5K Run

1-Mile Kids Race

Clydesdale Division Weight \_\_\_\_\_

Please make checks payable to:

Galax Autumn Days 5K Run  
c/o Galax Parks and Recreation  
PO Box 837  
Galax, Virginia 24333

NAME	AGE (on race day)	Gender		PHONE #
		M	F	
STREET/PO #	CITY	STATE		SHIRT SIZE
				Sm - Med.-Large- XL
		ZIP CODE		

WAIVER: I, the undersigned, waive and release myself, my heirs, executors and administrators, and assume the risk of physical injury or death from participating in said program, and waive all rights and claims for damages, demands and any other actions whatsoever, which I may have against the City of Galax, all participating sponsors and supporters of those entities, successors, representatives, and assigns, arising out of my participation in this event. I certify that I am (or my child is) in proper physical condition to participate in this activity.

SIGNATURE \_\_\_\_\_

(Parent or Guardian for runners under 18) DATE \_\_\_\_\_

