

21st Annual

Galax Parks & Recreation
Department

New River Trail
Dr. Ed Dannelly III



**10K RUN
& 5K WALK**

May 4, 2019

Sponsored by: New River Trail State
Park & Galax Parks and Recreation
Department.



c/o GALAX PARKS & RECREATION DEPT
POST OFFICE BOX 837
GALAX, VIRGINIA 24333

DIRECTIONS TO RACE HEADQUARTERS

From I-77, take exit 14 to Galax. Go West on US 58 approximately 8 miles. Once you pass the Wal-Mart on the right, go approximately a half mile and take a right onto Hanes Road. Go about a quarter mile and (at the stop sign) take a left onto Glendale Road. Go approximately 1 mile and make a right onto Cliffview Road. Go Approx. ¼ mile make right on Creekview road. Go approximately 1 mile. Race headquarters is located on the left at Dr. Ed Dannelly Park.

5K WALK

The 5K Walk is a non-competitive fitness walk that is out and back on the New River Trail. The 5K Walk follows the same path as the 10K run. The 5K walk includes a T-shirt. No awards will be given for participation in the 5K Walk.



Lodging/Camping

Camp sites are available at NRTSP Cliffview Campground located next to the race. Hampton Inn and Knights Inn of Galax all located within 5 minutes of race start.

RACE INFORMATION

Please contact Tony Quesenberry, Race Director at (276) 236-3218 www.galaxparks-rec.com

All race proceeds will go to park development in the Dr. Ed Dannelly Fitness Park.

STARTING TIME

9:00 am – 10K Run (6.2 miles) Awards will follow the race.
9:00 am – 5K Walk (3.1 miles)

REGISTRATION

7:00 – 8:30 am Saturday, May 4, 2019 at the New River Trail State Park~ Dr. Ed Dannelly’s Fitness Park Gazebo. Registration for the 10K closes promptly at 8:30 am.

FEES

\$12.00 (5K Walk~includes T-shirt~no awards)
\$17.00 (10K Run if postmarked by April 30)
\$25.00 (May 1 – Race Day)

RACE COURSE

The New River Trail 10K Run will start and finish at the Dr. Ed Dannelly Fitness Park access point of the New River Trail. The 10K course is an out and back course. The course is entirely flat as it follows Chestnut Creek with the entire race being run on the New River Trail.

AGE GROUPS (MALE/FEMALE) & AWARDS FOR 10K ONLY

Age groups are as follows:
14 & under; 15–19; 20–29; 30–39; 40–49; 50–59; 60–69 and 70 & over.
Awards will be given to the 1st, 2nd and 3rd overall male and female winners.

Awards will be given to the 1st, 2nd and 3rd in each age group. Attractive T-shirts will be given to all participants.

2019 NEW RIVER TRAIL DR. ED DANNELLY 10K OFFICIAL ENTRY FORM

please print clearly & complete the following information

Please check appropriate box

- 5K Walk
- 10K Run

Please make checks payable to:
New River Trail 10K Run
c/o Galax Parks and Recreation
PO Box 837
Galax, Virginia 24333

NAME	AGE (as of May 7 th)	GENDER		BIRTH DATE	PHONE #
		M	F		
STREET/PO #	CITY	STATE		ZIP CODE	SHIRT SIZE Sm-Med-Large-XL

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 _____