

30th Annual
Twin County Regional Healthcare Galax Autumn Days

5K Run

October 19, 2019

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 19, 2019 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 15, 2019.
- ◆ \$25.00 October 16 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 1st, 2nd & 3rd 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.

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 1st 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.

2019 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 _____

