



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

*22<sup>nd</sup> Annual*

Galax Parks & Recreation  
Department

New River Trail  
Dr. Ed Dannelly III



**10K RUN  
& 5K WALK**

**May 2, 2020**

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

**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](http://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 2, 2020 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 28)  
\$25.00 (April 29 – 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> overall male and female winners.

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

**2020 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 2 <sup>nd</sup> )	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 \_\_\_\_\_