

Registration Information

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-mail: _____

Age as of 4/25/09: _____

T-Shirt Size (circle one): S M L XL

Early Bird Registration (before 4/11/09): Free Tee-Shirt

Entry Fee

Adults - \$15

Children under 12 - \$10

Developmentally Disabled Special 1k Walk 9:30 A.M. -\$5

Late Registration (after 4/11/09):

Adults - \$20

Children under 12 - \$15

Developmentally Disabled Special 1K Walk 9:30 A.M. -\$5

Race day registration starts at 7:00 A.M.

S.V.R. Members Save \$1.00

Member? Yes No

Make checks payable to: Winchester District UMM

Mail Registration Form To:

Jim Green
17 Jackson Avenue.
Winchester, VA 22601
(540) 678-0243
wincdistrictumm@hotmail.com

Thank You to Last Year's Sponsors!



WILLIAM H. MASON, D.D.S., P.L.C
1002 AMHERST STREET • BUILDING B
WINCHESTER, VIRGINIA 22601



Heart Havens and The Arc of Northern Shenandoah Valley 5K Run/1K Fun Walk

8:00 am Saturday, April 25th, 2009
Kernstown Battlefield • Winchester, VA

3rd Annual Race Benefitting



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Entry Fee

\$15.00 for adults and \$10.00 for children age 12 and under before April 11th . Race day fee is \$20 for adults and \$15 for children. Developmentally Disabled Special 1K Walk fee is \$5.

Registration starts at 7:00 A.M.

Early registers are guaranteed a tee-shirt.

Race Route

This is a certified course starting on a challenging cross country route for the first 1/2 mile, then transitioning onto hard surface.

Post Race Celebration

Join us after the race for food, drinks and a tour of one of Heart Havens homes across from the Kernstown Battle Field, 3050 Saratoga Drive.

Awards

Awards will be given out to the top finishers in the male and female category and the top three finishers in each age group. Age groups are as follows:

- 15 & under
- 16-20
- 21-30
- 31-40
- 41-50
- 51-60
- 60 & over

Race Policies

No pets or roller blades in the 5K Race. Strollers, wheelchairs and pets are welcome in the 1K Fun Walk.

Race Acknowledgements

Heart Havens and The Arc of Northern Shenandoah Valley would like to thank the participants and sponsors for their generous support of this event.

About Heart Havens



Heart Havens is a ministry of the United Methodist Church in Virginia that develops and operates homes that provides a creative approach to community residential living for adults with cognitive disabilities. **Heart Havens** is a not-for-profit organization licensed by the Virginia Department of Mental Health, Mental Retardation and Substance Abuse Services, and is approved by the Internal Revenue Service to receive tax-deductible contributions. Currently, there are nine homes in full operation: two in Virginia Beach and one each in Powhatan, Kilmarnock, Colonial Beach, Stuarts Draft, Lynchburg, Richmond and Winchester. Four more homes are on the drawing board and construction has begun on two of these.

About The Arc/NSV



The Arc/NSV is a local chapter of The Arc of Virginia and The Arc of the United States, membership organizations made up of people with intellectual and other developmental disabilities, their families, friends, interested citizens and professionals. The mission of The Arc/NSV is to work through advocacy, education and collaboration to improve the quality of life for members residing in the Northern Shenandoah Valley.

Your participation in this event, either as a participant or as a sponsor will provide needed financial support to two worthwhile organizations. All sponsor; contribution; registration fees: and other donations are fully tax deductible! For further information about this ministry contact Jim Green, Winchester District United Methodist Men, 540-678-0243.

Special Thank You to:

The Kernstown
Battlefield Assoc.
www.kernstownbattle.org

Shenandoah Valley
Runners
www.svrunners.org

Runners Agreement, Waiver, Release and Acknowledgment

Every participant must sign this waiver.

I know that running/walking in a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with this event including, but not limited to: falls, contact with other participants, the effects of the weather, including water, ice, or snow on the road surface, traffic and the conditions of the race route, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release The Kernstown Battlefield Assoc., Heart Havens, Inc., Shenandoah Valley Runners, Jim Green, and anyone else involved in the event from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purpose.

Signature (parent or guardian if under the age of 18)

Date _____