

Mountain Heritage Festival 5K/10K Run
Saturday September 10, 2016 8:30 am

Race Location: Whitesburg Riverside Park Registration begins at 7:30 am

Directions: Coming from Hazard on HWY 15 turn right at red light next to Rite Aid & Tim Short Auto, continue approximately 1.9 miles, park will be on your left. Coming from Pikeville/Virginia turn on US 119 from US 23, Stay straight until US 119 becomes HWY 15 then .6 miles and park will be on the right

Course Description: Mainly flat with just a couple small elevation climbs. Course will start at the Riverside Park and navigate through upper bottom, Main Street, the Tanglewood Trail, to MCHC parking lot and then returning to starting point.

Awards: Top 3 male and female will receive medal in both the 5K & 10 K races. All participants will receive a T-Shirt.

Entry Cost Information: **5K-** \$20 thru August 31, \$25 from September 1 thru day of race. **10K-**\$25 thru August 31, \$30 from September 1 thru day of race. All others will be able to pick up their shirt at the MHF booth during the week of the festival.

Make Checks to: Mountain Heritage Festival, and **Mail** to PO Box 392 Whitesburg, KY 41858

Contact: Kyle Smith at (606) 821-7900 or Julie Hatton at (606) 634-9698

Online Registration: <https://runsignup.com/Race/KY/Whitesburg/MountainHeritageFestival5K10K>

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Mountain Heritage Festival ENTRY FORM 9/10/2016 PLEASE PRINT LEGIBLY

Name _____ Sex _____ Age _____
Address _____
City, State, Zip _____
Phone _____ Email _____

Shirt Size (circle one) SM M L XL NONE

Distance (circle one) 5K 10K

WAIVER (MUST BE SIGNED)

In consideration of your accepting this entry, I, below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

SIGNATURE _____ DATE _____
PARENT OR GUARDIAN IF UNDER 18 _____