

Mountain Heritage Festival 5K/10K Run

Saturday September 9, 2017 @ 8:30 am

Race Location: Whitesburg City Parking Lot at Veteran's Museum (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 mile and make a right at red light, parking lot 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 a little over a mile turn left at light, parking lot will be on your left.

Course Description: Completely flat. Course will start at the Whitesburg City parking lot and navigate through the Tanglewood Trail to MCHC parking lot and then return to starting point. 10K runners will repeat the course one additional time.

Awards: Top 3 male and female runners will receive medal in both the 5K & 10 K races. The first 50 participants to register will be guaranteed 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.

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 9/9/2017 **PLEASE PRINT LEGIBLY**

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

Shirt Size (circle one) SM M L XL XXL

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 _____