

Heart 'n Sole 5K

October 8, 2016– 8:30 AM



Event

5K Road Race

Saturday, Oct 8, 2016

Simultaneous start for 5K

Disposable chips will be used!

Registration

\$25 (Till 11:59PM of Sept 8th)

\$30 (September 9th - Oct 4th)

\$35 (Packet Pick Up & Race Day)

Register online or download your entry form at:

www.CommonwealthGames.org

(Mail-in entries add an additional \$5)

Make Checks Payable to:

Virginia Amateur Sports (VAS)

711-C 5th Street NE

Roanoke, VA 24016

Packet Pick-Up

Packets may be picked up at Sherwood Memorial Park (1250 E. Main St, Salem, VA 24153) on Friday, October 8th from Noon till 5pm

or

on race day from 7:30 am to 7:15am at Sherwood Memorial Park (1250 E. Main St, Salem, VA 24153).

Time & Results

Results will be posted on :

www.MountainJunkies.net

www.CommonwealthGames.org

www.CommonwealthGames.org



Heart 'n Sole

5K - Mail-In Form

October 8, 2016 - 8:30 AM



Mail this form with check to:
Virginia Amateur Sports (VAS)
711-C 5th Street NE
Roanoke, VA 24016

Name: _____

Address: _____

City, State, Zip: _____

Phone #: _____

Email: _____

Gender: Male Female

Birthday: _____

Age on Oct 8, 2016: _____

T-shirt Size: Youth S Youth M Adult S Adult M Adult L Adult XL

T-shirts are guaranteed if registered by September 20, 2016.

\$25 (Must be postmarked by September 8)

\$30 (Postmarked September 9th—October 4th)

\$35 (Packet Pick Up & Race Day)

There is an additional \$5 fee for Mail in Entries

Waiver: In consideration of being permitted to participate in the Heart 'n Sole 5k for myself, my heirs, executors, administrators and assignees, I do hereby release and forever discharge Sherwood Memorial Park, Virginia Amateur Sports, American Heart Association, Comcast Spotlight, Run Roanoke, City of Salem and their respective officers, employees, agents, subsidiaries and affiliates, and all those persons involved in organizing and staffing this event from all claims, demands, losses, damages, actions, causes of actions or suits of whatsoever kind or nature, arising out of my participation in the race on October 8, 2016. There will be no refunds.

Signature (If runner is under 18, parent or guardian must also sign):

Signature (Parent or guardian, if applicable)

