

Waldron Fitness Center & Eastmont Community Foundation 2024 Independence Day Celebration 5K and Fun Run

Date: Tuesday, July 4, 2024

Time: Race begins at 8:00am Rain or shine!

Location: Old Town Fields; 4179 Oldtown Rd. Shawsville, VA 24162

Race will begin and end at Old Town Fields.

Packet Pick-Up: **Monday, July 3rd:** 4-6pm at Waldron Fitness Center. **Tuesday, July 4th** 7-7:45 am- Old Town Fields.

Entry Fee: \$35

Shirt: Sign up by June 25th to get a shirt!

Awards:

-Trophies to 1st, 2nd, & 3rd place overall for men and women

-Medals to 1st, 2nd, & 3rd place in all age groups (5K only)

-Plaque to the Fastest Family (3 immediate family members, scored by age group)

-Medals to 1st, 2nd, 3rd for registered Fun Runners. **Fun run will take place after 5K begins.**

-Water and raffle of door prizes at the finish! T-shirt and swag bag included in registration.

Age Groups:

11 & under	12-15	16-19	20-24	25-29	30-34
35-39	40-44	45-49	50-54	55-59	60-64
65-69	70-74	75 & over			

Course:

Road course is mostly level. It starts on the track at Old Town Field and follows Oldtown Road west. It loops onto US 460 for the return leg. Water will be available at 1.5 miles.

Records:

Men: Michael Cox: 14:31 (2003) Women: Beth Dillinger: 17:23 (1987)

Results:

Posted on the homepages of the Star City Striders and the Blacksburg Striders. RunRoanoke.com

Info:

Sign up online at <https://runsignup.com/Race/VA/Shawsville/WaldronFitness5k>

Message EastMont Community Foundation on Facebook

-or- contact Kate Stewart at eastmontcf@gmail.com for more information.

ENTRY FORM (multiple entries)

Name: _____ Sex: _____ Age (on race day): _____

Address: _____

Email: _____ Phone: _____

Circle for your T-shirt size: YL S M L XL XXL

Disclaimer: In consideration of the acceptance of this entry, I do hereby, for myself, my heirs, executors, administrators, and assigns, release and forever discharge the sponsors, and all those persons involved in organizing and manning this event, from all claims of any kind or nature, arising out of my participation in this race.

Signature: _____ Date: _____

(If under 18, parent or guardian must sign.)

Multiple Entries from same family:

Name: _____ Sex: _____ Age (on race day): _____ Shirt Size: YL S M L XL XXL

Signature: _____

Name: _____ Sex: _____ Age (on race day): _____ Shirt Size: YL S M L XL XXL

Signature: _____

Name: _____ Sex: _____ Age (on race day): _____ Shirt Size: YL S M L XL XXL

Signature: _____

Make checks payable to Eastmont Community Foundation, mail to: ECF, 267 Alleghany Spring Rd., Shawsville, VA 24162