



# 5th Annual Buchanan County Autism Awareness 5K Walk/Run

Sponsored by GFWC Grundy Woman's Club

Proceeds to provide YMCA Scholarship Swim Classes for Local Autistic Children and other Autism Services in Buchanan County.

## Saturday, April 20, 2019

at the Bull Creek Pedestrian & Bike Trail in Harman

Registration begins at 9 a.m. • Walk/Run begins at 10 a.m.

Registration and starting point located at trailhead on State Route 601 at Convict Hollow (Maxie) – Signs will be posted. Racers/Walkers will follow trail to the other trailhead located at State Route 614 at Belcher Branch (Harman).

Entry Fee: \$15 Pre-registration • \$20 Race Day  
(T-shirts guaranteed for all who pre-register by April 10)

Amenities: Restrooms in Head Start Building & Harman Gym will be open. Water will be available at either end of the trail. Additional shirts will be available to purchase. Special Recognition to the top three overall male and female finishers in the categories. The overall male and female winner of the event will receive FREE Entry in Next Year's Race.



### Male & Female Age Categories:

14 & Under	20 - 29	40 - 59
15 - 19	30 - 39	60+



### 5th Annual Buchanan County Autism Awareness 5K Walk/Run Registration Form

Name: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Male  Female Runner # \_\_\_\_\_ Tel. # \_\_\_\_\_

Walking  Running

Shirt Size:  Small  Medium  Large  X-Large

Extra T-Shirts \$12 each Quantity: \_\_\_\_\_ Size: \_\_\_\_\_

Release: I waive any and all liability claims for myself, my heirs and executors against GFWC Grundy Woman's Club, Bull Creek Pedestrian & Bike Trail, the County of Buchanan, Virginia, the sponsors and organizers of this event for any illness or injury which may directly or indirectly result from my participation. I further state that I am in proper physical condition to participate in this race. I do consent to the use of my name and/or photograph in connection with publicity concerning the race.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(If under 18 parent/guardian)

Address: \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

**Please make checks payable to Grundy Woman's Club.**

Mail registration and payment to: **P.O. Box 1194, Vansant, VA 24656**

For more information:

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