



2019 Heart of Virginia 10K & 5K Run Saturday, May 4th, 8:30 AM

10K & 5K Run Description: The 10K & 5K races will follow an out-and-back course, both beginning in Downtown Farmville at High Bridge Trail State Park Plaza. The park is a rail-to-trail conversion that is wide, level and has very little grade. The trail surface consists of finely crushed, well-packed limestone. Timing and scoring of the 10K and 5K runs will be provided. Medals will be presented to the top 3 overall male & female finishers and top finishers in each age category that participated in the 10K and 5K. Categories for men and women include: 18 & under, 19 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 & over.

Registration/Package Pickup:

Friday, May 3rd Registration/Package Pickup: 8:00AM – 6:00 PM @ Firemen’s Sports Arena (1328 Zion Hill Rd., Farmville, VA 23901)

Race Day, May 4th Registration/Package Pickup: 7:30AM – 8:15AM @ Farmville Downtown at High Bridge Trail State Park Plaza (311 North Main St, Farmville, VA 23901)

Race Starting Time: 8:30 AM (10K & 5K Run)

Please check the event you will participate in: 10K: _____ or 5K: _____

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email: _____ Phone: _____

Age on May 4th: _____ Gender: M or F T-shirt Size: S M L XL XXL

Emergency Contact: _____ Phone #: _____

Declaration of Authenticity Contract and Waiver

Please read the following statement carefully. To participate, you must sign and return this statement with your application.

- I do hereby waive the Town of Farmville, Festival Board of Directors, any sponsor or fellow participant, from any liability due to personal injury, loss or damage to any property that may occur during the Heart of Virginia Festival 10K or 5K Run.
- I understand and comply with the Heart of Virginia Festival General Guidelines and Rules for Participation which can be located at www.heartofvirginia.org
- I agree to allow the Heart of Virginia Festival Board full use of images and other promotional materials (photographs, video tape, audio tape) taken during the Festival for purposes of promoting the Festival this year and in future years.
- I understand 10K & 5K entry fees are non-refundable.

Signature

Date

Parent signature if participant is under 18

Date

Before mailing, be sure that you have included the following:

- Completed 2019 Heart of Virginia 10K/5K Application with signed Declaration of Authenticity Contract & Waiver
- Please make checks payable to Heart of Virginia Festival

Mail to: Heart of VA Festival
P.O. Box 35
Farmville, VA 23901

Entry Fees: 10K: \$35.00
5K: \$25.00

- Please mail by April 26th.