

# Horses with Hearts 5K Run/Walk

Saturday, AUGUST 24, 2013

Start Time: 9am

Poor House Farm Park, Martinsburg, WV

Race Day Registration: 7:45 – 8:45 am

Sponsored by Shenandoah Valley Runners



*RACE PROCEEDS WILL BENEFIT HORSES WITH HEARTS THERAPEUTIC RIDING PROGRAM*

**Course-** A 5K (3.1 miles) course on trails through beautiful areas of the Poor House Farm Park. **\*THE COURSE HAS BEEN CHANGED FROM LAST YEAR!** Due to insurance regulations, NO animals, baby strollers, roller skates, bicycles, skateboards, wheelchairs, and/or headphones will be permitted on the course.

**Awards** - Awards will be given to the top three men and women overall, the top male and female masters runners (40 & over), and the top male and female runners in the following age groups: 18 and under, 19-29, 30-39, 40-49, 50-59, 60 and over.

**Entry Fees** - Entry fees are \$19.00 for members of the Shenandoah Valley Runners and \$20.00 for non-members if you pre-register by August 4<sup>th</sup>. Registration on race day will increase to \$25.00. T-shirts will be guaranteed to pre-registered participants and first come first serve after the deadline. Entry fees are non-refundable, as this is a fundraising event. Please make checks payable to "Horses with Hearts" and mail to Shannon Hugentober, 105 Ginger St., Winchester, VA 22602.

**More Information-** If you have any questions, contact race director Shannon Hugentober (304) 279-6615 or ShannonBrooks169@gmail.com

**Directions** - From Interstate 81, take Exit 13—King Street. Go West on Tuscarora Pike for 2.5 miles to Poor House Road. Turn left onto Poor House Road. Continue 1 mile to the Park entrance on left. Follow signs to race.

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## Horses with Hearts 5K Run/Walk Registration

Name \_\_\_\_\_ Age (as of 8/24/13) \_\_\_\_\_ Sex \_\_\_\_\_  
Address \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ SVR Member? Y/N  
Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email \_\_\_\_\_

T-Shirt Size --- ( ) Small ( ) Medium ( ) Large ( ) X-Large ( ) XX-Large      Mail To: Shannon Hugentober  
105 Ginger St  
Winchester, VA 22602

Fee: SVR Member \_\_\_\_\_ \$19.00  
Non-Member \_\_\_\_\_ \$20.00      \*Make Checks Payable to "Horses with Hearts"

Additional Voluntary Donation to Horses with Hearts: \$ \_\_\_\_\_

**Waiver** In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against any of the following: Shannon Hugentober, Horses with Hearts, Martinsburg/Berkeley County Parks and Rec, Poor House Farm Park, the Shenandoah Valley Runners, and all additional contributors, sponsors, and assigns for any injuries suffered by me in the scheduled August 25, 2012 event. Also, I certify I am medically fit to participate in this event. I understand the sponsors may use my name in the publicity and promotion of this event.

Signature \_\_\_\_\_  
(Parent or guardian's signature if under 18)

Date \_\_\_\_\_