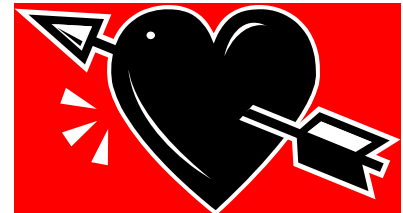


*Black Mountain, North Carolina*

*11<sup>th</sup> Annual*

# **Valentine Run**

**5K &  
Youth One-Mile Run**



*Saturday,  
February 13, 2010  
2:00 PM*

*Presented by:*

**Black Mountain Recreation and Parks**  
bmrecreation.com  
101 Carver Avenue, Black Mountain, NC 28711  
828-669-5213 or 669-2052

Black Mountain Recreation and Parks  
101 Carver Avenue  
Black Mountain, NC 28711  
Phone (828) 669-2052  
Fax (828) 669-0731



*Valentine Run*

February 13, 2010



## *Race Sponsors*

- ♥ Foot RX Running Asheville
- ♥ Dr. Barbara Bowman-Hensley
- ♥ Parameter Generation & Control  
INC
- ♥ Thomas R. Cannon DDS



# ♥ Valentine Run ♥

## WHAT: 5K & One-Mile Youth Run

All 5K runners will be scored in the individual category and are also eligible to run as a team.

## WHERE

All events start and finish at Recreation Park, located off of Blue Ridge Road in Black Mountain, North Carolina.

## WHEN

Saturday February 13, 2010. 2:00 pm

(Inclement weather date Sunday, Feb. 14, 2010. 2:00 pm)

**START TIMES:** ♥ 5K: 2:00 p.m.

♥ Youth Fun Run: 2:45 p.m.

<b>ENTRY FEES:</b>	<u>5K</u>	<u>Youth One Mile Run</u>
Before Feb. 11	\$24 online \$25 by mail/ drop off	Free
After Feb. 11	<b>\$30</b>	\$5

## COURSE DESCRIPTION

♥ The **5K** (3.1 mile) course will be similar to years past – consisting of asphalt and gravel - **EXCEPT it will start and finish at Recreation Park in Black Mountain.**

♥ The separate **Youth One-Mile Run** will be on the paved Oaks Trail with start from Recreation Park.

## LONG SLEEVED T-SHIRT

The first 250 registered 5K runners will receive a long sleeve poly-pro “T”. Late & race-day entrants will receive one as supplies last. Medals will be awarded to all participants in the youth one mile run.

## AWARDS & AGE DIVISIONS

**5K Individual:** First finisher and runner-up overall (male & female) and to the top three in the following age groups: 12 & under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 & over.

**5K Top Teams:** (combined times) Husband/Wife, Mother/Daughter, Mother/Son, Father/Son, Father/Daughter, Brother/Sister, Sister/Sister, Brother/Brother & Open

**5K Husband/Wife Teams:**(combined ages-husband & wife)

♥Silver: 80 & under ♥Gold: 81-99 ♥Platinum: 100 & over

**Youth Run:** Awards to all participants

**Spirit Award:** Awarded to adult and youth runner with most valentine spirit.

## HOW TO REGISTER

1. To register and pay online go to [www.setupevents.com](http://www.setupevents.com)

OR

2. To register by mail or in person make checks payable to “Black Mountain Recreation & Parks” and Mail form with check to: Blk. Mtn. Recreation & Parks, 101 Carver Ave., Blk Mtn, NC 28711

For more information go to: [www.bmrecreation.com](http://www.bmrecreation.com)

## QUESTIONS?

Call BMRP office at 828-669-5213 or 669-8610.

## EARLY PACKET PICK-UP

In Black Mountain – Friday, Feb. 12, 12–5 p.m. at the Black Mountain Recreation Office, 101 Carver Avenue

## RACE DAY PACKET PICK-UP & REGISTRATION

Noon to 1:30 at race site.

## DIRECTIONS TO RACE SITE

**From I-40:** Take Exit 64. Turn south on hwy 9. Go .4 miles and veer right onto Blue Ridge Rd. Stay on Blue Ridge for 1.2 miles then turn right onto Rec Park Dr. and park.

**From U.S. 70:** From either direction, turn South on Blue Ridge Rd, cross the railroad tracks, turn left onto Rec Park Dr. and park.

## ♥ 2010 Valentine Run Entry Form ♥

Sign up for: (check categories)

- 5K **\$25**  After 2/11/10 **\$30**
- Optional 5K Team (fee per person)
- One-Mile Youth Fun Run **Free** **Race day: \$5**

**5K Teams:** (optional) Both team runners must fill out form. Check appropriate category.

(Include age total for your team) \_\_\_\_\_

- Husband/Wife
- Mother/Daughter
- Father/Daughter
- Brother/Sister
- Brother/Brother
- Mother/Son
- Father/Son
- Sister/Sister
- Open

- **Please Print** -

**Please include T shirt size(S, M, L, or XL)** \_\_\_\_\_

Your Name \_\_\_\_\_

Age as of 2/13/10 \_\_\_\_\_

5K Partner's Name \_\_\_\_\_

Street Address \_\_\_\_\_

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

Phone(s) \_\_\_\_\_

E-mail address \_\_\_\_\_

**Waiver:** In consideration of this entry, I, my heirs, administrators, and assigns, hereby release the sponsors, officials and volunteers of the Valentine Run from any and all liability arising from illness, injury, or death I may suffer as a result of my participation in this event. I attest that I am physically able and have sufficiently trained for this event and am aware that participation in this event could result in physical injury. I further realize that risks include, but are not limited to, falls, conditions of the course, effects of the weather, including extreme cold, snow, slush, ice, etc. I also give my permission for the free use of my name and picture in any written account, broadcast, or telecast of the Valentine Run.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Parent or Guardian signature required if participant is under 18.  
Please identify relationship to minor. \_\_\_\_\_

For Office Use: Method of Payment

- Check # \_\_\_\_\_ Amt. \$ \_\_\_\_\_
- Cash Amount \$ \_\_\_\_\_

Mail to:  
BMRP  
101 Carver Ave  
Blk Mtn NC 28711