

The Highland Hills 5K

Saturday, June 23, 2007 ~ 10 AM



Entry Fee: \$15 for registration received by or postmarked before June 1, 2007. \$20 entry fee on race day. Each participant will receive a short-sleeve race t-shirt. Checks made out to the Highland County Chamber of Commerce.

Race Day Registration and Packet Pick-up: Registration will open at 8:00 AM on race day. Registration will close promptly at 9:30 AM. Registration location: Word of Faith Church, Water Street, Monterey, VA.

Awards and Age Groups: Overall top 3 finishers will receive an award. Awards also made to top three finishers in the following age categories: 0-9, 10-18, 19-29, 30-39, 40-49, 50+.

Course: The Highland Hills 5k follows a closed, paved course around and through the village of Monterey. The first mile of the course is flat and slightly downhill. During the second mile, the course climbs the lone hill of the race, a 3/4 mile constant climb of 200 feet. The final mile of the course is downhill through the village finishing back at the starting point. The race follows a loop course with several opportunities for viewing during the first and last miles.

Post-Race: Fruits and beverages will be offered to runners following the race. An awards ceremony will follow as soon as possible at the conclusion of the race.

Directions to Monterey: Monterey, VA is located at the junction of U.S. Routes 250 and 220. Follow U.S. 250 west from I-81 (at Staunton, VA) or U.S. 220 north from southwestern Virginia (nr. Roanoke). For more detailed directions call 540-469-2550 or visit www.highlandcounty.org.

Sponsors and Additional Information:

Highland County Chamber of Commerce
PO Box 223
Monterey, VA 24465
540-468-2550
highcc@cfw.com
www.highlandcounty.org

For reasons of safety, no racing strollers or dogs will be permitted on the course during the race (without exceptions)!

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Race day registration will close promptly at 9:30. If registering on race day, please arrive early.

Last Name _____ First Name _____

Address (street, city, state, zip) _____

Phone Number _____ E-mail Address _____

Male _____ Female _____ Age on 06/23/07 _____ Date of Birth _____

T-shirt Size (S, M, L, XL) _____

Send entry check (made payable to the Highland County Chamber of Commerce) to the following address:

Highland County Chamber of Commerce
PO Box 223
Monterey, VA 24465

Waiver: In consideration of being permitted to participate in the 2007 Highland Hills 5K, I, _____, do hereby for myself, my heirs, executors, administrators and assignees, release and forever discharge the Highland Hills 5K, the Highland County Chamber of Commerce, and all its respective officers, directors, employees, agents, all sponsors, the Town of Monterey, the County of Highland, and all those persons involved in organizing and manning this event from all claims, demands, losses, damages, actions, cause of action or suits of whatsoever kind or nature, arising out of my participation in the Highland Hills 5K on June 23, 2007. I realize that some of the activities may subject me to certain stresses and hazards, not all of which can be foreseen. I desire and consent, by signing this form, to take part in all such activities. I assume all the ordinary risks normally incident to the nature of this activity. Furthermore, I also agree that I have appropriate health care coverage for this activity. My insurance company is _____ and my policy number is _____.

Signature of Participant

Date

Signature of Parent/legal Guardian if Participant under 18 years of age

Date