

*2018  
Presenting  
Sponsor*



Hosted by:



♥♥♥♥♥♥♥♥♥♥  
*Valentine Run*  
Saturday - February 10, 2018

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

*19<sup>th</sup> Annual*

# **Valentine Run**

**5K**

&

**Kids ½ Mile Fun Run**  
*Black Mountain, North Carolina*

*Saturday,  
February 10, 2018*



*Hosted by:*  
**Black Mountain Recreation & Parks**

# ♥ Valentine Run ♥

## WHAT: 5K & 1/2 Mile Kids Fun Run

All 5K runners are scored individually and are *also* eligible to run as a team.

## WHERE:

All events start and finish at Lake Tomahawk, 401 Laurel Circle Drive, Black Mountain, North Carolina.

## WHEN:

**Saturday February 10, 2018**, 9:30 am Kids Run, **10:00 5K**

\*Inclement weather date Sunday, Feb. 11, 2018, 2:00pm

**START TIMES:** ♥ 5K: 10:00 a.m.

♥ Kids Fun Run: 9:30 a.m.

## ENTRY FEES: 5K

Until Feb. 8<sup>th</sup> **\$25**  
18 & Under [\$15]

After Feb. 8<sup>th</sup> **\$30**  
18 & Under [\$20]

## Kids 1/2 Mile Run

Free (Please Do Register)

Free (Please Do Register)

## COURSE DESCRIPTION

♥ The **5K** (3.1 mile) route is a loop that begins and ends at Lake Tomahawk Park, consisting of asphalt and gravel, passing through three of the Town's Greenways.

♥ The separate **Kids 1/2-Mile Run** will be on the path around Lake Tomahawk Park = traffic free.

## V5K Fleece Blankets

The first 200 registered 5K runners will receive a V5K fleece blanket. Late & Race-day entrants are not guaranteed a blanket. Prizes will be awarded to all Fun Run participants.

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## HOW TO REGISTER

**Online** at RunSignUp.com – search for “Valentine 5K”

**Paper application** – complete, sign, & mail.

## AWARDS & AGE DIVISIONS

**5K Individual:** Awards will go to the Top 3 Overall Male & Female Finishers and the Top 3 Age Group finishers: 12 & under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

**5K Top Teams:** Husband/Wife (3 divisions - see below), Mother/Daughter, Mother/Son, Father/Son, Father/Daughter, Sister/Sister, Brother/Sister, Brother/ Brother & Open (Any Couple) F/F, M/F, M/M.

**5K Husband/Wife Teams:** (total ages: husband & wife)  
♥Silver: 80 & under ♥Gold: 81-99 ♥Platinum: 100 & over

**Kids Run:** Medals to *all* participants & **Spirit Award** to most outrageous Valentine theme outfit!

**Spirit Award** adult and youth 5K runner with most **Valentine spirit!!**

## EARLY PACKET PICK-UP

Lakeview Center/Lake Tomahawk, 401 Laurel Circle Dr., Black Mountain, Feb. 9, 4:30-6:30 p.m.

## RACE DAY PACKET PICK-UP & REGISTRATION

8:00 - 9:30 at race site.

There will be a **Health & Wellness Expo** from 9:00–11:00am on race day. Featuring health screenings, activity demos, chair massage, and fitness info by area merchants & practitioners.

## DIRECTIONS TO RACE SITE

From I-40: Take Exit 64 and turn north onto NC-9/Broadway, at the third light turn left onto US 70/W State Street, travel approximately 1 mile, turn right onto Cragmont Rd (CVS is on the left), in about 400 yds bare right onto Rhododendron Ave. The Lake Tomahawk parking lot is on the left.

## ♥ 2018 Valentine Run Entry Form ♥

Registering for:

- 5K **Solo \$25**  After Feb 8, 2018 **\$30**  
 18 & Under **\$15**  After Feb 8, 2018 **\$20**  
 5K **Team** (\$25/\$30 per person)  
 Kids ½ Mile Fun Run **Free**

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

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

- Husband/Wife...Age total for husband/wife team \_\_\_\_\_  
 Mother/Daughter  Mother/Son  Open (Any Couple)  
 Father/Daughter  Father/Son  Brother/Sister  
 Sister/Sister  Brother/Brother

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

Date of Birth: \_\_\_\_\_ Age on Feb 10, 2018: \_\_\_\_\_

Male  Female

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

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

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

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

Emergency Contact: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

Will Emergency Contact be at Race?  Yes  No  Not Sure

**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.

Relationship to minor: \_\_\_\_\_

For Office Use:

Check # \_\_\_\_\_ Amount \$ \_\_\_\_\_

Payable to **BMRP**  
Please Do Not Send Cash

Date Received: \_\_\_\_\_

**MAIL TO:**  
Valentine 5K  
18 Seldom Home Dr.  
Black Mountain, NC  
28711-8781