

*2016
Presenting
Sponsor*



Hosted by:



**Black Mountain
Recreation & Parks**

♥♥♥♥♥♥♥♥♥♥
Valentine Run
Saturday - February 13, 2016

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



*Saturday,
February 13, 2016*



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 13, 2016, 9:00 am Kids Run, **9:30 5K**

*Inclement weather date Sunday, Feb. 14, 2016, 2:00pm

START TIMES: ♥ 5K: 9:30 a.m.

♥ Kids Fun Run: 9:00 a.m.

ENTRY FEES:

5K
Until Feb. 10th **\$25**

Kids 1/2 Mile Run
Free (Please Do Register)

After Feb. 10th **\$30**

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 Hats & Gloves

The first 200 registered 5K runners will receive a V5K fleece winter hats. Late & Race-day entrants will receive a winter hat and/or running gloves (courtesy of our Presenting Sponsor State Farm) while supplies last. Medals will be awarded to all participants in the 1/2 Mile Kids Fun Run.



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).

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. 12, 4:30-6:30 p.m.

RACE DAY PACKET PICK-UP & REGISTRATION

7:30-9:00 at race site.

There will be a **Health & Wellness Expo** from 8:30–11:30 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.

♥ 2016 Valentine Run Entry Form ♥

Registering for:

- 5K **Solo** **\$25** After Feb 10, 2016 **\$30**
 5K **Team** (\$25/\$30 per person)
 Kids 1/2 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 13, 2016: _____

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