

HIGHLAND VIEW ACADEMY

Proudly Presents

1st Annual
Highlanders
SPIRIT
5-K/ 1mile Run

Race Features:

- Over 60 Age group awards
- Long sleeve shirts
- Ribbons to all finishers
- Vegetarian food sampling tables with free recipe booklet
- Big refreshment table with fruits & carbs
- Great for kids & adults

When: Sunday Oct 16th start at 10:00 a.m.

Where: Highland View Academy - Mt. Aetna Md. Take I-70 to Hagerstown, Md. to Boonsboro-Smithburg, Exit # 35, Highway 66. Exit is east of Hagerstown. Go toward Smithburg on Highway 66. Turn right on Mt. Aetna Rd, the 1st right out of the circle. Drive 1/2 mile, Highland View Academy entrance is on the right. Follow signs for parking.

Time: Race packet pick up(at school gymnasium on day of race) 8:00 - 9:30 a.m. Late registration 8:00 - 9:30 a.m. Race at 10:00 a.m.

Cost: \$15.00 with long sleeve shirt by Sept. 22. \$20.00 after Sept. 22 - shirt only as available, no guarantee.

Awards: Trophy and Merchandise to male & female 5-K winners over all. Ribbons to all finishers/merchandise drawings

5K Awards to 1st-3rd in following age groups:

Male & Female : 12 and under,13-14.15-16,17-18,19-21 22-25, 26-29,30- 39,40- 49, 50 - 55, 56 -59, 60-69, 70-over

1 Mile Awards: to 1st-3rd in following age groups:*

Male & Female 6- under, 7 - 8, 9 - 10, 11- 12, 13 -14, 15-18, 19- over

Course: 1 Mile is Flat to Rolling & 5K is Moderate to Rolling*

For Your Convenience: Register and Pay Online at www.hva-edu.com/5kwalk-run.htm