

# 16th Annual Apple Valley 5k

**DATE:** Saturday, Nov. 2, 2013

**STARTING TIME:** 10 a.m.

**COURSE DESCRIPTION:** Rolling 3.1 mile cross country course runs a double loop through orchard on grass, gravel and dirt roads. **WALKERS WELCOME! Race course is not stroller friendly and dogs allowed but only as spectators.** A guided tour of the course will begin at 8:30 a.m. Course Records: 17.11 (Steve Crowder) and 20.06 (Alice Kassens).

**LOCATION:** Gross' Orchard, Bedford, Va. (Directions from Bedford: Take 43 North. Right on 643 (Jopling Road). Left on 640 (Wheats Valley Road). Follow signs to orchard.) [Map Link](#)

**ENTRY FEE:** \$15, postmarked by Friday, Oct. 18 (includes T-shirt). Race day registration is \$20 and begins at 8 a.m. A limited number of T-shirts are available to race day registrants. Make checks payable to Gross' Orchard and send entries to: **Theresa Boyes, 10724 Leesville Road, Lynch Station, Va. 24571.**

**AWARDS:** Awards given to the top man and woman overall and to the top three men and women in the following age groups: 12 and under, 13-18, 19-29, 30-39, 40-49, 50-59, 60-69, and 70 and over. Awards crafted by Emerson Creek Pottery. A drawing for door prizes will follow the race. You must be present to win a door prize.

**QUESTIONS?** Contact race director Theresa Boyes at **540-297-2709** or [e173boyes@aol.com](mailto:e173boyes@aol.com)

*(cut on line and return bottom portion with payment)*

Name \_\_\_\_\_ Age on race day \_\_\_\_\_ Sex \_\_\_\_\_  
Address \_\_\_\_\_ T-shirt size: S M L XL XXL Youth: M L  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Email address \_\_\_\_\_

*I absolve all sponsors and organizers of the Apple Valley 5K of any or all liability related to my participation in this race. I realize my photo may be taken and may appear on an Internet social media site (i.e. Facebook) or in a newspaper or other publication.*

Signed \_\_\_\_\_ Date \_\_\_\_\_

Parent's signature (if under 18) \_\_\_\_\_