



### About Heart Havens

**Heart Havens** is a ministry of the United Methodist Church in Virginia that develops and operates homes that provide a creative approach to community residential living for adults with cognitive disabilities. **Heart Havens** is a non-profit organization licensed by the Virginia Department of Mental Health, Mental Retardation and Substance Abuse Services, and is approved by the Internal Revenue Service to receive tax deductible contributions. Currently, there are ten homes in full operation: Virginia Beach, Norfolk, Kilmarnock, Newport News, Colonial Beach, Stuarts Draft, Lynchburg, Richmond (2) and Winchester .

### Become a Sponsor

Become a supporter of Heart Havens and become part of the solution to the need for residential housing for adults with cognitive disabilities.

#### Sponsorship Levels (Please Circle)

- Platinum Sponsor \$1000+
- Gold Sponsor \$500+
- Silver Sponsor \$250+
- Bronze Sponsor \$100+
- Supporter Any Amount

Platinum, Gold, and Silver sponsors will have their company/agency logo placed on the back of this year's T-shirt. All sponsors will have their business advertised on placards on the race course, as well as being promoted on next year's brochure. Recognition will also be placed in agency newsletters and web-sites, reaching hundreds of local citizens.

Business/Organization/Church Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_

Sponsorship Amount: \$ \_\_\_\_\_

Make all checks payable to: Winchester District UM Men and mail to Mr. Jim Green 17 Jackson Ave, Winchester, VA 22601

## Thank You to Last Year's Sponsors!



WILLIAM H. MASON, D.D.S., P.L.C  
1002 AMHERST STREET • BUILDING B  
WINCHESTER, VIRGINIA 22601



Johnny Blue Inc. Serving the Northern Shenandoah Valley for over 30 Years



### Special Thank You to:

The Kernstown Battlefield Assoc.  
www.kernstownbattle.org

Shenandoah Valley Runners  
www.svrnners.org

## HEART HAVENS 5K Run/1K Fun Walk

8:00 am Saturday, April 24th, 2010  
Kernstown Battlefield • Winchester, VA

### 4th Annual Race Benefitting



### Entry Fee

\$15.00 for adults and \$10.00 for children age 12 and under before April 10th . April 11th thru Race day fee is \$20 for adults and \$15 for children. Developmentally Disabled Special 1K Walk fee is \$5. Registration starts at 7:00 A.M.

**Early registers are guaranteed a tee-shirt**

### Race Route

This is a certified course starting on a challenging cross country route for the first 1/2 mile, then transitioning onto hard surface. Kernstown Battlefield at 610 Battle Park Drive, Winchester, Virginia

### Post Race Celebration

Join us after the race for food, drinks and a tour of one of Heart Havens homes across from the Kernstown Battlefield, 3050 Saratoga Drive.

### Awards

Awards will be given out to the top finishers in the male and female category and the top three finishers in each age group. Age groups are as follows and no duplication of awards:

- 14 & under
- 15-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60 & over

### Race Policies

No pets, headphones, or roller blades in the 5K Race. Strollers, wheelchairs and pets are welcome in the 1K Fun Walk.

### Race Acknowledgements

This 4th Annual Heart Havens Benefit Race is dedicated to the residents and staff of the Winchester Saratoga House. We would also like to thank them, and all our sponsors for their generous support of this event.

### Registration

Complete, sign and date form below

### Registration Information

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

Address: \_\_\_\_\_

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

Phone: \_\_\_\_\_

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

Age as of 4/24/10: \_\_\_\_\_

T-Shirt Size: S M L XL

### Entry Fee

**Early Bird Registration** (before 4/10/10): Free Tee-Shirt

Adults - \$15 Children under 12 - \$10

Developmentally Disabled Special 1k Walk 9:30 A.M. -\$5

**Late Registration** (after 4/10/10):

Adults - \$20 Children under 12 - \$15

Developmentally Disabled Special 1K Walk 9:30 A.M. -\$5

Additional contribution - \$ \_\_\_\_\_

**Race day registration starts at 7:00 A.M.**

S.V.R. Members Save \$1.00

Member? Yes No

Check: Payable to **Winchester District UMM**

**Mail To:**

Mr. Jim Green  
17 Jackson Avenue.  
Winchester, VA 22601  
(540) 678-0243  
jimgreen14@hotmail.com

### **Runners Agreement, Waiver, Release and Acknowledgment**

**Every participant must sign this waiver.**

I know that running/walking in a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with this event including, but not limited to: falls, contact with other participants, the effects of the weather, including water, ice, or snow on the road surface, traffic and the conditions of the race route, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release The Kernstown Battlefield Assoc., Heart Havens, Inc., Shenandoah Valley Runners, Mr. Herbert Drake (Race Director), Mr. Jim Green and anyone else involved in the event from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

\_\_\_\_\_  
Signature (parent / guardian if under the age of 18)

Date \_\_\_\_\_