

# Waldron Fitness & Eastmont Community Foundation 2021 Independence Day Celebration 5K and Fun Run

**Date:** Saturday, July 3rd, 2021  
**Location:** Shawsville Middle School; **4179 Oldtown Rd. Shawsville, VA 24162**  
**Race will begin and end at Old Town Fields**  
**Packet Pick-Up:** **Friday, July 2nd** 4-6pm at Waldron Fitness Center. **Saturday, July 3rd** 7-7:45 am- Old Town Fields.  
**Time:** **Race begins at 8:00am. Rain or shine!**  
**Entry Fee:** Pre-registration received by June 25th: \$25. On race day: \$30.  
**Awards:** -Trophies to 1st, 2nd, & 3rd place overall for men and women.  
-Medals to 1st, 2nd, & 3rd place in all age groups (5K only)  
-Plaque to the Fastest Family (3 immediate family members, scored by age group)  
-Medals to 1st, 2nd, 3rd for registered Fun Runners  
-Water and raffle of door prizes at the finish!/ T-shirt included in registration.  
**T-shirt:** Sign up by June 25th to get a t-shirt!  
**Age Groups:**

11 & under	25-29	45-49	65-69
12-15	30-34	50-54	70-74
16-19	35-39	55-59	75 & over
20-24	40-44	60-64	

**Course:** The course is mostly level. It starts on the track at Old Town Field and follows Oldtown Road west. It loops onto US 460 for the return leg. Water will be available at 1.5 miles.  
**Records:** Men: Michael Cox: 14:31 (2003)  
Women: Beth Dillinger: 17:23 (1987)  
**Results:** Posted on the homepages of the Star City Striders and the Blacksburg Striders. RunRoanoke.com  
**Info:** **Sign up online at [www.runsignup.com](http://www.runsignup.com)** Message [EastMont Community Foundation](#) on Facebook  
-or- contact KC Shrader at [kennethshrader@mcps.org](mailto:kennethshrader@mcps.org) for more information.

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## ENTRY FORM

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Age (on race day): \_\_\_\_\_

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

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

**Disclaimer:** In consideration of the acceptance of this entry, I do hereby, for myself, my heirs, executors, administrators, and assigns, release and forever discharge the sponsors, and all those persons involved in organizing and manning this event, from all claims of any kind or nature, arising out of my participation in this race.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(If under 18, parent or guardian must sign.)

**Make checks payable to Eastmont Community Foundation and mail to:**

**ECF**  
**267 Alleghany Spring Rd.**  
**Shawsville, VA 24162**

**Circle for your T-shirt size: S M L XL (Adult sizes only)**