

Online Registration on IT'S YOUR RACE.COM

alleghanymemorialhospitalfoundation5k.itsyourrace.com/register/

Second Annual **5K & FUN RUN** To Benefit Alleghany Health

SATURDAY, OCTOBER 28TH
Rain or shine!

Crouse Park, 60 Cherry Street, Sparta NC 28675

- Registered runners will receive a locally designed event tee. (Register by Oct 7, 2023, to get race tee.)
- Top 3 overall male and female finishers will receive unique award.
- Top 3 male and female finishers in each age group will receive a medal.

Registration Fees:

Adult ages 12 and up \$28 for early registration, \$33 for registration after October 7th

Youth ages 11 and under \$12 for early registration and \$15 for registration after October 7th

The 5k starts at 9am and fun run after the awards ceremony. (Approx 10:30)

Participants can walk or run. Professional timing by Precision Race.

Please support the Doctors, Nurses, & Staff of Alleghany Health....Our Superheros!

**Questions? Email: rgambill@amhsparta.org
sgibson@amhsparta.org, or call 336-372-3281**



**ALLEGHANY
MEMORIAL HOSPITAL
FOUNDATION**

AMH Foundation is a 501c3 non-profit. Gifts are tax-deductible LESS the value of services offered. Tax ID #56-2012634.



**RUN!
STAY!
PLAY!**

Crouse Park

**Activities
at the park
for the whole Fam!**

Live Music

Cornhole

Ladder Ball

Bocce Ball

Basketball

Pickleball

Face Painting

Photo Booth

**Costumes
Encouraged!**

PRIZE for best costume!