

7<sup>th</sup> Annual

# Cross Your Heart Trail Run

Hosted by the Glen Raven Trail Running Club  
All proceeds will go to the **American Heart Association**



5K & 10K Run/Walk  
Saturday, December 8<sup>th</sup>, 2018  
**8:30 AM**

4665 Liberty Highway  
Behind the Glen Raven Plant  
**Anderson, SC**

- ◆ 5K & 10K registration is \$25 before 12/2/2018. No shirt option is \$15. Run day registration is \$30. Mail-in or register online at [www.active.com](http://www.active.com).
- ◆ The 5K will make one loop around the 3ish mile course. The 10K will make two loops.
- ◆ Packet pick-up and sign-in begins @ 7:00AM on race day in the Glen Raven parking lot.
- ◆ Directions: Take I-85 to SC exit 21. Turn on SC highway 178 N. towards Liberty. The Glen Raven plant will be a mile down this road on the left.
- ◆ AWARDS – 5K/10K awards to Male/Female overall, masters, and grandmasters. 3 deep in male/female age groups.
- ◆ The scenic trail is on rolling terrain which winds through a pine forest passing by pastures, old barns and Hurricane Creek.
- ◆ Free Parking is available at the Glen Raven Plant. Restrooms available.
- ◆ Food & beverages at the finish. Fluids on the course.

----- Mail-In with Registration Fee -----

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Age \_\_\_\_\_ M  F

Address (Number & Street) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

SHIRT SIZE: S  M  L  XL  XXL  Email \_\_\_\_\_

EVENT: 5K Run/Walk  10K Run

Waiver: I hereby release the sponsors and officials of the **2018 Cross Your Heart Trail Run** from all claims of injury or damages resulting from participating in these events. I realize these are strenuous events which require proper physical conditioning. I hereby certify that I am in proper physical condition to participate.

Signed \_\_\_\_\_ Guardian if under 18 \_\_\_\_\_



Checks payable to: **The American Heart Association.**  
Mail to: **GR Trail Running Club, 4665 Liberty Highway, Anderson, SC 29621**  
Point of Contact: Judd Bailey 864-314-4369

