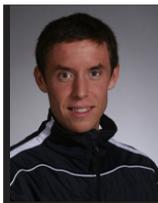


JOSH MCDUGAL
CELEBRITY RUNNER

Welcome Josh McDougal as special guest runner. Originally from Peru, New York, Josh is the volunteer assistant cross country coach at Liberty University. The 2007 NCAA national cross country champ, he is a 14 time All American – four in cross country, seven in indoor track and field, and three in outdoor track and field. Still running, Josh won the outdoor track 10K last year with a record time of 27:08. He now lives in Lynchburg and competes professionally for Nike while working on a Master's in Human Services.



MICHAEL WARDIAN
SPECIAL FRIEND



Michael Wardian sends greetings and congratulations to all of his Salem friends and supporters. He is sad he can't be with us as he competes 8/3-9 at the Trans Gaspesia Stage Race in Quebec, Canada. In 2014 he took

overall winner at the Dopey Challenge in Walt Disney World, 1st in the Coastal Challenge in Costa Rica in 23:26:23 over 143 miles in six days, and 1st at the Cowtown Marathon 50K in Ft. Worth, TX. In June he returns to the Comrades Marathon in Durban, South Africa followed also in June by runs in Ethiopia and Germany.

RULES & DETAILS

- No pets or strollers, please.
- The first 400 runners/walkers enjoy \$5 off a dinner at Mamma Maria's Italian Restaurant.
- Cut-off for race day registration is 7:40 a.m. and is limited to the first 600 runners.
- Early packet pick-up will be available at sLongwood Park from 5-7 on Friday, August 8.
- Race-day packet pick up begins at Longwood Park at 6:30 a.m.
- Both races start near "Easter Seals" at 201 East Main Street.
- Award presentations are in Longwood Park immediately following the races.

40th Anniversary

It was 40 years ago that Richard Browder, track coach at Roanoke College, and Darr Graham decided Salem would welcome a quality run. Working with Don Thorne and the City of Salem, the 5K and 10K Salem Distance Run began and continues on The Athletic Congress (TAC) certified tracks. About the same time, Health Focus of Southwest Virginia (Lewis-Gale Foundation) began a fun run and later joined the Salem Distance Run.

PACKET PICKUP & REGISTRATION
Friday, August 8th, 5 to 7 pm
Open to the public!

Join us for early packet pick-up & registration at Longwood Park, Salem, VA

No Pets Allowed in Longwood Park

5K & 10K | Sat. Aug 9th

Registration/ Packet Pickup Start	6:30-7:40am
Entry Fee	8:00 a.m. \$22.00 (Includes tee shirt) \$5.00 additional fee if mailed or registered after August 2)
Awards	Prizes to 1st, 2nd & 3rd place in male and female divisions.
Overall Finishers	1st, 2nd & 3rd place awards for male and female, both races.

3 MILE POKER WALK
Sat. Aug 9th

Registration Start	6:30-8:00am
Entry Fee	8:15 a.m. \$17.00 (Includes tee shirt) \$5.00 additional fee if mailed or registered after August 2)
Course Awards	Residential neighborhood Fun prizes for the best poker hands collected at the end of the walk

In recognition of the Oral Cancer Foundation



HEALTH FOCUS
of Southwest Virginia



August 9, 2014 • Longwood Park, Salem Virginia

Online Registration at hfrun.eventbrite.com

DEADLINE for early registration: August 2, 2014

First Name: _____
 Last Name: _____
 Address: _____
 City: _____
 State: _____ Zip Code: _____
 Phone: (_____) _____ - _____
 Birth Date: _____ / _____ / _____
Month Date Year
 E-mail: _____

Age (as of Aug. 9, 2014): _____ Male Female

Tee Shirt Size: Small Med Lrg Xlrg (Shirt guaranteed if registered by August 2)

Event: 5K (\$22 .00) 3 Mile Walk (\$17 .00) 10K (\$22 .00)

(Additional \$5 fee if postmarked after August 2, 2014)
Checks made payable to Health Focus of Southwest Virginia

Waiver To Be Signed By Athlete and Parent/Guardian

For and in consideration of my participation in the Health Focus Salem Distance Run/Walk in Salem, Virginia on August 9, 2014, and other valuable consideration, receipt of which is hereby acknowledged, I hereby agree, on behalf of myself, my heirs, Executor, Administrator, and assignees, to indemnify the City of Salem, Health Focus of Southwest Virginia, the Manager and the sponsors, jointly and severally, and hold and save harmless from and against any and all actions, claims, demands, liabilities, loss, damages or expenses of whatever kind or nature, including attorney fees, which may at any time be incurred by reason of my participation in or preparation for the aforesaid Health Focus of Southwest Virginia Salem Distance Run or Walk.

Athlete Signature: _____ Date: ____/____/____

Parent or Guardian: _____
(For run/walk participants under 18 years of age)

Submit completed forms and payment to: Health Focus of SW Virginia, PO Box 4692, Roanoke, VA 24015-0692
Thank You!

Please contact Lina Guilliams for more information at (540) 444-2925 x200

Courses certified by
The Athletic Congress (TAC).
Asphalt streets and gradual hills.
August temperatures in the 80's.

Record Times

5K	10k
Ben Cooke 15:21	Jason Dowdy 32:45
Catharine White 18:14	Trish Nervo 38:41

Written course and map available at www.healthfocusswva.org

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REQUESTED



10K & 5K Run 3 Mile Walk

August 9, 2014
Longwood Park
Salem, VA
presented by



Register Online at:
hfrun.eventbrite.com



A special thanks to all of our sponsors who
have made this event possible!



Green Up Lawns & Landscapes
Est. 1984



Virginia Tech Athletic Department
Please patronize these generous sponsors

Proceeds

All proceeds from this event support **Health Focus of Southwest Virginia**, a non-profit organization providing health-related community services and education to the Roanoke Valley and southwest Virginia.



www.healthfocusswva.org

*Promoting health through education
and community support*

Promotion of Health

- Health Education
- CPR, First Aid, BLS
- Medical Museum
- Support Groups
- Sports physicals
- Scholarships
- Exercise classes
- Salem Distance Run
- Classes & Seminars

HEALTH FOCUS
OF SOUTHWEST VIRGINIA
PO Box 4692
Roanoke, VA 24015