

**THE 44th ANNUAL GREAT WALDENSIAN FOOTRACE**  
TO CELEBRATE THE “FESTIVAL OF THE GLORIOUS RETURN”  
**Saturday, August 10, 2019, 8:00 a.m.**  
**Valdese, North Carolina**



**SPONSORED BY:** Town of Valdese and Historic Valdese

**ENTRY FEE FOR THE GREAT WALDENSIAN FOOTRACE:**

**NEW T-SHIRT INFO**



**Includes t-shirt** \$20.00 (\*Must receive registration by 7/20 to guarantee t-shirt)

**AWARDS:** Will be given to the top 3 overall male and female winners in the 5K and 10K  
ONE MILE – 3 Top Male and 3 Female

**AWARDS:** Will be given to the 1<sup>st</sup> through 3<sup>rd</sup> place finishers (male & female) in the following age groups:

14 and under	25 – 29	40 – 44	55 – 59
15 – 19	30 – 34	45 – 49	60 – 64
20 – 24	35 – 39	50 – 54	65 – 69
70 – 74	75 - 79	80 and over	

**REGISTRATION:** 7:00 a.m. - \*Must be 13 or under to be eligible for award in  
**RACE TIME:** 8:00 a.m. the **ONE MILE FUN RUN** (Free).

**ONE MILE FUN RUN AND WALK TO FOLLOW 5 & 10 K**

**COURSE:** Out and Back – Beginning at the Valdese Community Center off Carolina Street. Splits will be given at one mile and two water stations on the course and at the finish. Expect high temperatures and high humidity. The course is not USATF certified.

**COME AND ENJOY A GREAT RACE FOLLOWED BY THE HISTORIC VALDESE FESTIVAL**  
**FEATURING:** Area Crafts, Food, and Great Entertainment throughout the day. Race will feature fruit, drinks, etc. Valdese Community Center Pool and splash pad will be available to all participants and guests.

**ENTRY BELOW**

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# THE GREAT WALDENSIAN FOOTRACE

Name: \_\_\_\_\_ Age on 08/10/19: \_\_\_\_\_ Sex: \_\_\_\_\_ Telephone: \_\_\_\_\_

Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Race: 1 mile \_\_\_\_\_ (No Charge – does not include t-shirt)

T-shirt Size: S M L XL XXL 5 K \_\_\_\_\_

(Circle One) 10 K \_\_\_\_\_

WAIVER

In consideration of the acceptance of this entry I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the promoters, managers, and operators of the Great Waldensian Footrace and their agents, servants, employees, and the Town of Valdese whose facilities are being used for this event from any and all claims for damage suffered by me as the result of my participation in or traveling to or from the said event to be held on Saturday, August 10, 2019. I also give my permission for the free use of my name and picture in any broadcast, telecast or written account of the event. I further state that I am in proper physical condition to participate in this race.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT'S SIGNATURE (If runner is under 18) \_\_\_\_\_

RETURN APPLICATION FORM AND ENTRY FEE TO: Valdese Parks & Recreation Dept. - FOOTRACE  
PO Box 339  
Valdese, NC 28690-0339

Make Checks Payable to: Valdese Parks & Recreation Dept.