

Prizes, music, and FUN on Warm Hearth Village's beautiful campus!
Presented by LewisGale Hospital-Montgomery



Saturday
September 5, 2015

9:00 am • 3.1 miles (5K)

10:00 am • 1 mile

Rain or Shine



**LewisGale Hospital
Montgomery**
HCA Virginia Health System
An HCA affiliate

The Parrot Strut will benefit the Neighbors In Need Fund at Warm Hearth Village.

**Gather the flock, grab your tropical shirts and leis,
clean up those colorful running shoes, and walk or run the Parrot Strut!**

Event: There is both a 3.1 mile (5k) and one mile course available for runners and walkers. Each race will be along our beautiful trails throughout the Warm Hearth Village campus. Water will be available at the "halfway" mark. Post-race, sports drinks, energy bars, apples, bananas, and water will be provided by LewisGale Hospital Montgomery.

Course Description: The adventure begins on road pavement and transitions to a mixture of gravel roads and paved and grass trails with wooden bridges through our scenic woodland surroundings. A final dash to the finish is along a shaded, paved trail. This not a course designed for record time, but it is a course meant to challenge you and give you a sense of accomplishment.

Dogs allowed for the one mile race. Clean-up and leashes are mandatory!!

Packet pick-up: Packets will be available to pick up Friday, September 4, from 12 - 6 pm inside the Village Center, 2387 Warm Hearth Dr., Blacksburg. Also, Saturday packet pick up will continue starting on race day.

Safety requirements: Headphones discouraged. Baby stroller/joggers only permitted on one mile course. Sunscreen and hat are recommended.

Race day registration: Race day registration ends promptly at 8:45 am.

Awards: The top three overall male and female winners will receive medals and the top three finishers of each age group (3.1 miles only) will receive a unique and fun award recognizing their achievement. Awards three deep male and female in each age group: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

T-shirt order cut off date: August 10, 2015

Fees: 3.1 miles - \$25 (\$20 for Warm Hearth residents and employees) if postmarked by 8/31/2015, \$30 thereafter.
1 mile - \$10 (if wanting a t-shirt, above charges apply)

The Huckleberry Café inside the Village Center will be open to purchase after race beverages and varieties of proteins; chicken, ham, hummus, side salads, and cool refreshing healthy smoothies.

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Warm Hearth Foundation

Special thanks to  **RunAbout Sports** for providing the race materials.



Waiver: I understand that walking and running in races are potentially hazardous activities. I should not enter and run or walk in the Parrot Strut unless I am medically able and properly trained. I agree to abide by any decision of a Parrot Strut official relative to my ability to safely complete the Parrot Strut. I assume every risk associated with participating in the Parrot Strut including, but not limited to, falls, contact with Parrot Strut participants or volunteers or with vehicles, the effects of the weather, and course conditions, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of acceptance of my application, I, for myself and anyone entitled to act on my behalf, do waive and release the Parrot Strut, Warm Hearth Village, event timers, sponsors and organizers, and their representatives, agents, affiliates, employees and successors from all claims and/or liabilities of any kind arising out of my participation in the Parrot Strut even though such liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the foregoing to use any photograph, motion picture, recordings, or any other record of the Parrot Strut for any legitimate purpose.

Name: _____

Address: _____

Phone: _____

Email: _____

Male: _____ Female: _____ Age on 9/5/15: _____ T-shirt size: YL S M L XL

5k: _____ 1 mile: _____

Signature: _____

Date: _____

Signature of Parent/Legal Guardian if participant is under age:

**For more information, please contact Sharen Hillison at 540-818-2630.
Course map and registration form also available at www.retire.org.**

**Please print and mail back to:
Sharen Hillison
2175 Blue Jay Lane
Blackburg, VA 24060**

Please make check payable to the Warm Hearth Foundation.