



Lee County Heritage 5K Registration Form

5K Road Race - 9:00 A.M. • 1 Mile Fun Run - 8:30 A.M.

Age Categories

Male and Female

10 & Under	20 - 29	50 - 59
11 - 14	30 - 39	60 - 69
15 - 19	40 - 49	70 & Over

RACE STARTS at Pennington Middle School,
121 Bobcat Circle, Pennington Gap, VA 24277

For More Information

Call 276-546-1210

AWARDS

T-SHIRTS

To All Registered Walkers And Runners.
First 100 Guaranteed Shirt On Race Day.

5K AWARDS

Award For Top Male and Female Overall
And Top Male and Female Masters (40+) Overall

Awards To Top Three Male And Female
Finishers In Each Age Group.

OFFICIAL RACE ENTRY

Lee County Heritage 5K

Entry Fee:
\$15.00 For All Participants

Saturday, October 24, 2026
Pennington Gap, VA

Name _____

Address _____

Telephone _____

Age _____
On Oct. 24, 2026

Sex ☐ Male ☐ Female

Race ☐ 5K ☐ 1-Mile

Adult Size ☐ S ☐ M ☐ L ☐ XL

RELEASE AND WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Lee County Heritage 5K, the sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the persons named in this waiver. I also grant permission for the use of any photograph or any other record of my participation in this event for any legitimate purpose.

SIGNATURE _____ DATE _____ PARENT'S SIGNATURE (If Under 18 Years) _____