

## ABOUT HCM



Highlands Community Ministries (HCM) serves 24 churches in the Highlands with ecumenical programs including day care for young and old; meals on wheels for the homebound; assistance for the needy, physically handicapped, and victims of abuse; and recreational opportunities for children that promote healthy lifestyles and competition. The nonprofit programs combine the resources of people, facilities and finances to help those in need.

YOUR SUPPORT IS CRITICAL. PLEASE JOIN US IN THE RUN/WALK OR MAKE A GENEROUS DONATION WITH THE ATTACHED FORM.

## REGISTRATION/PACKET PICKUP

### Early Registration

(postmarked or online at [www.rivercityraces.com](http://www.rivercityraces.com) by 10/1/13):

Adult: \$22.00 and Youth (14 & under): \$17.00

### Late Registration (cash or check only)

Adult/Youth: \$25.00

Thursday-Friday (10/3-4) 10 a.m.-7 p.m.

Fleet Feet Sports, 2239 Taylorsville Road

Race Day, 7-7:45 am, Start Finish area

Douglass Blvd. Christian Church, 2005 Douglass Blvd.

### Packet Pickup

Friday, October 4, 10 a.m.-7 p.m.

Fleet Feet Sports, 2239 Taylorsville Road

Race Day, 7-7:45 am, Start Finish area

Douglass Blvd. Christian Church, 2005 Douglass Blvd.

### New this year – Stylish Tech race shirt for all runners and walkers who pre-register, others while they last.

Gift certificates and prizes will be offered at the post-race presentations. Just as HCM programs serve all ages with activities and family support, the Highlands Cup encourages families to join in a fun, healthy outing together.

## A COURSE FOR EVERYONE

USATF Certified Course, No. KY 04070PR

Check us out at [WeekintheHighlands.org](http://WeekintheHighlands.org)

Scenic and challenging course starts on Douglass Blvd. at Bardstown Rd., goes down Douglass to Cherokee Park's Big Rock, around and back to start through Highlands neighborhood streets with some homes approaching a century in age. Run for the top trophy by ImagePro or take a stroll and check out the leaves on a fine fall morning.

## AWARDS BY IMAGEPRO

Unique, high-quality awards

- Top 3 Overall Male/Female
- Male/Female Age Group Awards, First, Second and Third: 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+

## PANCAKE BREAKFAST

Douglass Blvd. Christian Church – 8:30-10 a.m. to benefit Highlands Community Ministries

\$5.00 - adults; \$4.00 - race participants;

\$3.00 - 12 and under

Tickets will be sold at the door.

Thanks for donations and help: Heine Brothers' Coffee and Douglass Blvd. Christian Church volunteers!

## WEEK IN THE HIGHLANDS

Please support other Week in the Highlands 2013 events:

### Sunday, October 6

14th Big Rock Jazz & Blues Fest for Louisville

Olmsted Parks Conservancy - 2-7 p.m.

Big Rock Area of Cherokee Park, Free Admission

### Thursday, October 10

\*Empty Bowls, Bellarmine University, 5:30-8 p.m.

### Friday, October 11

19th Belknap Fall Festival,

6-9 p.m.

Food and Live Music, Douglass Loop

### Saturday, October 12

19th Belknap Fall Festival,

11 a.m.-9 p.m. (rain or shine) - Free

Douglass Loop

### Sunday, October 13

Farmington Harvest Festival,

10 a.m.-6 p.m.

3033 Bardstown Rd

\* benefits Highlands Community Ministries

## HIGHLANDS CUP 5K REGISTRATION FORM • 8 a.m. • Saturday, October 5, 2013

Send check and entry form to: River City Races, 4640 Broadway St., Indianapolis, IN 46205

I cannot participate, but please accept my donation of \$ \_\_\_\_\_  
Please print

Name \_\_\_\_\_  Male  Female

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Shirt Size:  S  M  L  XL  XXL

Signature (Parent, if under 18 years old) \_\_\_\_\_ Date \_\_\_\_\_

Make checks payable to Highlands Community Ministries • For additional information, call 451-3695

Race #	Entry Fee (check one)
	Early Adult \$22.00
	Early Youth \$17.00
	Late (all) \$25.00

In consideration of the acceptance of my entry for THE HIGHLANDS CUP 5K RUN/WALK, I, for myself, my heirs, executors and administrators, waive and release all claims against The Highlands Cup, Highlands Community Ministries, Week in the Highlands, all contractors, promoters, supporters and volunteers, for all claims of damage, injuries, demands, actions in any manner as a result of my participation in THE HIGHLANDS CUP 5K RUN/WALK.

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LOUISVILLE - JEFFERSON COUNTY  
METRO

8th District  
Councilman  
Tom Owen



**HIGHLANDS**  
CUP

**5K RUN/WALK • 2013**

Saturday, October 5, 2012 • 8 a.m.

Corner of Douglass Blvd. & Bardstown Rd.

[WeekintheHighlands.org](http://WeekintheHighlands.org)

Step up and help our local heroes in the Highlands who deliver the meals on wheels, provide daycare for the young and old, and provide help for the needy.

**44TH ANNIVERSARY**  
**OF HIGHLANDS COMMUNITY**  
**MINISTRIES**



**WEEK IN THE**  
**HIGHLANDS**  
2013

*metrofest*  
2013

**Highlands Community Ministries**

1140 Cherokee Road, Louisville, KY 40204