



5TH ANNUAL WALK5K RUN

To Benefit Alleghany Health

This event is an Alleghany Health Foundation fundraiser to raise money for renovation of three additional patient rooms that can be used for short term rehabilitation and in-patient care.



Crouse Park & Sam Brown Mountain Park
Route curated by ASTA
Alleghany Sparta Trail Association

Questions?

Call: 336-372-3281, or Email:

Robin Gambill - Robin.Gambill@Advocatehealth.org

or Scott Gibson - Douglas.Gibson@advocatehealth.org

SATURDAY OCT. 17, 2026

5k Run: 9:00 am
MILE WALK: 9:05 am

Registration begins at 7 am

Start & finish

Crouse Park
60 Cherry Street, Sparta NC 28675

On the Course

Participants can run or walk 5k.
(Street and trail surfaces)
Timing by Jones Racing Co. (for runners)

Registered Participants Receive

A Fun-filled Swag Bag!
A long sleeve tee with event logo

Awards to be Given!

Top 3 male and female finishers will receive
a unique custom artisan award and medal.
Top 3 males and females in each
age group will receive an award.

Important Dates

5k \$30 - After 10/02 \$35 (Adult ages 12+)

Walk: \$25 - After 10/02 \$30

Register by 10/02 to guarantee a tee!

RAFFLE PRIZES
MUSIC & ENTERTAINMENT
REFRESHMENTS

Register now at
www.RunSignUp.com



F ALLEGHANY
MEMORIAL HOSPITAL
FOUNDATION

AMH Foundation is a 501c3 non-profit.
Gifts are tax-deductible LESS the value of
services offered. Tax ID # 56-2012634.

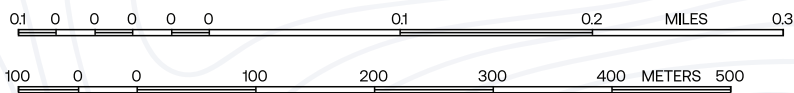


Crouse Park & Sam Brown Mountain Park

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8.4°W
7/16/2026



Gain: 328.08 ft Loss: 321.52 ft

