

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.



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 – 8:30-10:00 am 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 2011 events:

*Kickoff Fund Raiser for Highlands Community Ministries:

Monday, Sept. 26, 2011, 11 a.m.-midnight. Please dine at O'Shea's Irish Pub and thank them for supporting HCM:
• O'Shea's, 956 Baxter Ave.

100 % of the day's proceeds will be donated to Highlands Community Ministries Inc.

Sunday, October 2 — 12th Highlands-Douglass Big Rock Jazz Fest - 2:00 p.m. - 7:00 p.m.
Big Rock Area of Cherokee Park, Free Admission

Thursday, October 6 — *Empty Bowls, Bellarmine University, 5:30 p.m. - 8:00 p.m.

Friday, October 7 — 17th Belknap Fall Festival, 6:00 p.m. - 9:00 p.m.
Food and Live Music, Douglass Loop

Friday, October 8 — 17th Belknap Fall Festival, 11:00 a.m. - 9:00 p.m. (rain or shine) - Free
Douglass Loop

Saturday, October 9 — Farmington Harvest Festival, Noon - 5:00 p.m.
3033 Bardstown Rd

** benefits Highlands Community Ministries*

Highlands Cup 5K Registration Form • 8:00 am • Saturday, October 1, 2011

Send check and entry form to: River City Races, 2115 Bonnycastle Ave., Louisville, KY 40205

☐ 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 _____

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.

Registration/Package Pickup

Early Registration

(postmarked or online at www.rivercityraces.com by 9/28/11):

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

Late Registration (cash or check only)

Adult/Youth: \$25.00

Thursday-Friday (9/29-30) 10 am - 7 pm

Fleet Feet Sports, 1512 Bardstown Road

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

Douglass Blvd. Christian Church, 2005 Douglass Blvd.

Package Pickup

Friday, September 30, 10 am - 7 pm

Fleet Feet Sports, 1512 Bardstown Road

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

Douglass Blvd. Christian Church, 2005 Douglass Blvd.

*Runners and walkers who pre-register are guaranteed a race shirt, 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 HighlandsWeek.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.

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

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Belknap Neighborhood Association
Douglass Boulevard Christian Church
Louisville Metro Police – 5th Division

Logo design: Greenlight Design • Brochure: Moonlight Graphic Works

Highland
Roofing

i'm lovin' it
HIGHLANDS



8th District
Councilman
Tom Owen



More Than a Pub!

Highlands-Douglass
NEIGHBORHOOD



Cherokee Triangle



Podiatry
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Ankle Surgery

Highlands Community Ministries

1140 Cherokee Road, Louisville, KY 40204



HIGHLANDS CUP **5K RUN/WALK • 2011**

Saturday, October 1, 2011 • 8am

Corner of Douglass Blvd. & Bardstown Rd.

HighlandsWeek.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.

metrofest 2011 **WEEK IN THE**
HIGHLANDS 2011



41st Anniversary of Highlands
Community Ministries