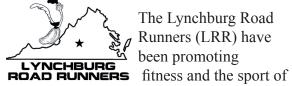
THE ACADEMY OF FINE ARTS is a nonprofit organization committed to promoting and presenting the visual and performing arts, while creating opportunities for arts education. These functions will be

centered in the Academy of Fine Arts complex, anchored by the historic Academy of Music Theatre.

LYNCHBURG ROAD RUNNERS



The Lynchburg Road Runners (LRR) have been promoting

running for over 30 years in the Lynchburg community. Race insurance, monthly FUN RUNS, kids races, a newsletter published six times a year, and local running events help us achieve this goal. Membership is open to all ages and abilities. LRR Memberships are available at Riverside Runners Specialty Running Store 2301 Rivermont Avenue • Lynchburg, VA

For more information contact us at 434.846.7449 or www.riversiderunners.com

To participate in the Academy July 4th One Miler complete this form and return to: **Riverside Runners** 2301 Rivermont Avenue Lynchburg, VA 24503 For more information call 434.846.7449

600 Main Street • Lynchburg, VA 24504 Academy of Fine Arts

748 VA

Permit No.

ynchburg, PAID

Non-Profit Org.

U.S. Postage



Lynchburg Roadrunners Race Series - Race #6

Saturday, July 4, 2009 8:00 a.m. Downtown Lynchburg, 5th & Commerce Proceeds benefit the Visual Arts Program at the Academy of Fine Arts.

Academy July 4 One Miler

Saturday, July 4, 2009•8 a.m.
Three Great Races:
Youth Race
(RED) for kids 12 and under
(WHITE) - 40 Years and older
(BLUE) - 13-39 Years
Starts at 8:00 a.m.
Start Finish: 7th & Commerce Street
Course: Out and back on Commerce Street, starting at 7th and finishing at the Academy

of Fine Arts parking lot, 5th and Commerce. Course is fast, relatively flat.

• Points Race: 2009 Lynchburg Road Runners Race Series Race #6

Awards: Top three overall M/F in each race and Top three M/F each age group
Door prizes, post-race food for runners
Art activities for children

ENTRY FORMS

•Must register by June 19 to receive a tee shirt •\$12 by June 27 (LRRC Members - \$11) •\$15 After June 27 and Race Day Registration

PACKET PICK UP

• Friday, July 3 at Riverside Runners 2301 Rivermont Avenue, from 12-6 pm

- Race Day 7:00 7:45 a.m. @ Start
- No refunds or transfer of entry

• For additional information contact: **www.riversiderunners.com**

Course Records:

Male: Jordan Whitlock, 4:44, 2007 Female: Anne McGranahan, 5:08, 2006 Master's Male: Matt Richards, 5:02, 2008 Master's Female: Donna Elder, 6:12, 2006

Academy July 4th One Miler

Complete the entry form below and return with your check made out to the Academy of Fine Arts no later than July 3, 2009 to:

Riverside Runners • 2301 Rivermont Avenue • Lynchburg, VA 24503

RACE (Check one) $\overline{(12 a)}$	Youth Run (Red) and Under)	(White) (40 and Over)	(Blue)
LAST NAME (please print)		FIRST	PHONE
ADDRESS			
CITY	STATE _	ZIP	GENDER (M/F)
EMAIL (please print)			_AGE ON RACE DAY
T-SHIRT (Y/N) T-SHIRT SIZE (circle one) (100% Cotton Unisex) ADULT SMLXLYOUTH SIZESYSYMYL			
T SHIDTS ONLY CHADANTEED TO DUNNEDS DECISTEDED DV HINE 10, 2000			

T-SHIRTS ONLY GUARANTEED TO RUNNERS REGISTERED BY JUNE 19, 2009 Make checks payable to: ACADEMY OF FINE ARTS (AFA)

ENTRY FEE ENCLOSED \$____CHECK #____ ADDITIONAL TAX DEDUCTIBLE DONATION TO Academy of Fine Arts \$_____ TOTAL AMOUNT ENCLOSED \$_____

WAIVER (must be signed)

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 assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read the 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 Lynchburg Road Runners, the City of Lynchburg, Academy of Fine Arts staff & volunteers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though the liability may arise out of negligence or carelessness on the part of the persons named in the waiver.

Signature (Guardian if under 18)

Date

PROCEEDS BENEFIT THE ACADEMY OF FINE ARTS VISUAL ARTS PROGRAM