



I Am Woman: 5K Walk/Run

Look Good, Feel Good, Do Good

Saturday, October 24, 2009



C E N T R A

Presented by Food Lion to benefit Children's Miracle Network

LOCATION: Peaksview Park, Ardmore Drive Entrance

TIME: Race Day Registration – 8 a.m.
Race Start Time – 9 a.m.

ENTRY FEE: \$15 Preregistration Fee
\$20 Race Day Registration

AWARDS: Top 3 overall, Top 3 each age group and Top 3 Masters will receive trophies.
All runners are entered into a door prize drawing.

COURSE: 5K Out & Back flat course on Peaksview Park Bike Route

AID: Water and healthy snacks will be available.

PACKET PICK-UP:

- Friday, October 23, at Riverside Runners, 2301 Rivermont Avenue, Lynchburg, VA 24503. Between the hours of noon and 6 p.m. If you have any questions, call 434.846.7449.
- Saturday, October 24 (RACE DAY) from 8 to 8:45 a.m. at Ardmore Drive, Red Barn Entrance.

INFORMATION: Race director Kim Price, 434.200.4729, or call Riverside Runners, 434.846.7449.

Race results will be listed on www.riversiderunners.com. Entries are non-transferable and non-refundable.

PLEASE MAKE YOUR CHECKS PAYABLE TO
"CHILDREN'S MIRACLE NETWORK"

MAIL ENTRIES TO: Riverside Runners, 2301 Rivermont Ave., Lynchburg, VA 24503

Additional donations will be accepted at Children's Miracle Network, 1900 Tate Springs Rd. Ste 20, Lynchburg, VA 24501

I Am Woman: 5K Application Form

LAST NAME FIRST NAME PHONE: _____ EMAIL: _____

STREET CITY STATE ZIP AGE ON RACE DAY: _____

Participant T-shirt guaranteed to those registered by Friday, October 16, 2009.

Adult Shirt Size: S M L XL

I hereby for myself, my family, my heirs and executors waive and release any and all rights and claims for damages I may have against Lynchburg Road Runners, Inc., the City of Lynchburg, Centra's Children's Miracle Network and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I further state that I am in proper physical condition to compete in this race.

SIGNATURE (GUARDIAN IF UNDER 18)

DATE

