

### **PRESBYTERIAN HOMES & FAMILY SERVICES**

Presbyterian Homes & Family Services, a non-profit founded in 1903, accepts clients from all walks of life, regardless of their ability to pay. We provide an emergency shelter, a preschool for children, residential homes, an alternative school and an independent living program on our Lynchburg campus for children and teens, and group homes across Virginia for adults with intellectual disabilities. Our ministry promotes dignity and develops potential by transforming the lives of individuals, families, and communities through nurture, healing and encouragement. We continue to provide these services through the generosity of individual, corporate and foundation giving. [www.phfs.org](http://www.phfs.org)

### **LYNCHBURG ROAD RUNNERS**

For over 30 years Lynchburg Road Runners has promoted fitness and the sport of running in our community. Membership is open to all ages and abilities and offers monthly FUN RUNS, kids' races, a newsletter and local running events. Memberships are available at Riverside Runners Specialty Running store located at 2301 Rivermont Avenue, Lynchburg. [www.riversiderunners.com](http://www.riversiderunners.com)

### **A SPECIAL THANKS TO OUR SPONSORS**



**Central Virginia  
Chiropractic Center, Inc.**

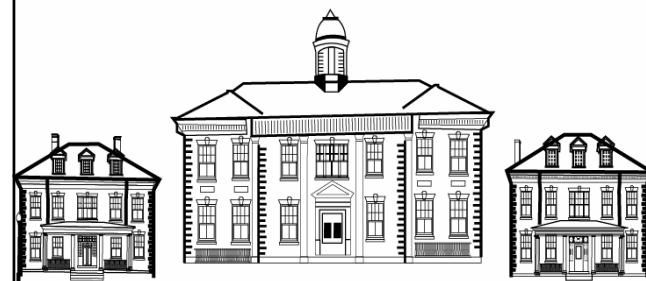


[www.riversiderunners.com](http://www.riversiderunners.com)

**Presbyterian Homes & Family Services  
150 Linden Avenue  
Lynchburg, Virginia 24503**

Non-Profit Organization  
U.S. Postage  
**PAID**  
Permit No. 743  
Lynchburg, VA 24506-9998

# **PRESBYTERIAN HOMES 5K AND YOUTH RUN**



**SATURDAY JUNE 20, 2009**

**LYNCHBURG ROAD RUNNER  
RACE SERIES # 5**

**SATURDAY  
JUNE 20, 2009**

**Presbyterian Homes  
& Family Services' Campus  
150 Linden Avenue  
Lynchburg, VA 24503**

**7:00 a. m. - Registration  
8:00 a. m. - Race begins**

**Proceeds benefit the programs of  
Presbyterian Homes & Family Services  
[www.phfs.org](http://www.phfs.org)**

# Presbyterian Homes 5K and Youth Run

**SATURDAY, JUNE 20, 2009**

**RACE LOCATION:** Presbyterian Homes' campus located at 150 Linden Avenue in Lynchburg

## RACE COURSE:

**5K** - A rolling, shaded course on historic, tree-lined Peakland Place

**Youth Run** - Approximate 3/4 mile race on campus

**TIME:** 5K - 8:00 am • **Youth Run** (12 & Under) - 9:00 am  
**Same Day Registration** - Begins at 7:00 am

## ENTRY FORMS & FEES:

Postmark by May 31, 2009 to guarantee your t-shirt

Entry fees are non-refundable and non-transferable

**5K** - \$20 Before June 20 (LRR - \$18)

**\$25** Day of Race

(Moisture wicking t-shirt guaranteed if registered by May 31)

**Youth Run** (12 & Under) - \$10

(Cotton t-shirt guaranteed if registered by May 31)

## AWARDS:

**5K** - Medals to top three in each age group

Trophies - Overall Male/Female 1st, 2nd, 3rd, 1st Masters

**Youth Run** (12 & Under) - Medal awarded to each finisher

## CASH PRIZES:

Overall Male / Female: 1st - \$100; 2nd - \$50; 3rd - \$25

Masters Male / Female: 1st - \$50

**FUN:** Door prizes, music and post-race food for runners

## PACKET PICK-UP:

**PRE-RACE** - Thursday, June 18 & Friday, June 19 at  
Riverside Runners, 2302 Rivermont Avenue, Lynchburg  
from 12:00 pm - 6:00 pm

**RACE DAY** - Presbyterian Homes' Campus located at  
150 Linden Avenue, Lynchburg at 7:00 am

## RACE INFORMATION:

Riverside Runners- 846.7449 • [www.riversiderunners.com](http://www.riversiderunners.com)

Presbyterian Homes - 455.3650 • [www.phfs.org](http://www.phfs.org)

**RACE RESULTS:** [www.riversiderunners.com](http://www.riversiderunners.com)

# Presbyterian Homes 5K and Youth Run

**LYNCHBURG ROAD RUNNERS RACE SERIES • RACE # 5**

ONE ENTRY PER PERSON

Complete this form and return with your check made payable to **Presbyterian Homes & Family Services**  
no later than May 31, 2009 to guarantee your t-shirt to:

Riverside Runners • 2301 Rivermont Avenue • Lynchburg, VA 24503

**or register online at [raceit.com](http://raceit.com)**

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ PHONE \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

GENDER ☐ Male ☐ Female AGE on race day \_\_\_\_\_ DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_

**T-SHIRTS ONLY GUARANTEED TO RUNNERS REGISTERED BY MAY 31, 2009**

PLEASE CIRCLE YOUR SIZE WITHIN YOUR RACE

## 5K RACE

**Unisex Sizes** - XS S M L XL

(Moisture Wicking t-shirts - 5K runners only)

## YOUTH RUN RACE

**Youth Sizes** - YS YM YL

(100% Cotton t-shirts - Youth Run Runners only)

✓ RACE	RACE	FEE	PAYMENT
	<b>5K RACE</b> - Pre-registration (Before Race Day)	\$20.00	
	<b>5K RACE</b> - Pre-registration for <b>LYNCHBURG ROAD RUNNER MEMBERS</b>	\$18.00	
	<b>5K RACE</b> - Same day registration	\$25.00	
	<b>YOUTH RUN</b> (12 & UNDER) - Pre-registration and Same day registration	\$10.00	
Additional tax deductible donation to <b>PRESBYTERIAN HOMES &amp; FAMILY SERVICES</b>			
Make checks payable to: Presbyterian Homes & Family Services		<b>TOTAL</b>	<b>\$</b>

## 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 Presbyterian Homes & Family Services' staff, volunteers and sponsors, Lynchburg Road Runners, 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 PRESBYTERIAN HOMES & FAMILY SERVICES

**[www.phfs.org](http://www.phfs.org)**