

GENESIS HOUSE EMERGENCY SHELTER is a ministry of Presbyterian Homes & Family Services, a non-profit founded in 1903. We promote dignity and develop potential by transforming the lives of individuals, families, and communities through nurture, healing and encouragement.

Genesis House opened in 1990 and provides short term emergency shelter for children ages 2 through 17. It is open 24 hours a day, 365 days a year. For more information check out our Web site at www.phfs.org.

A SPECIAL THANKS TO OUR TURKEY TROT SPONSORS



REHAB ASSOCIATES
OF CENTRAL VIRGINIA

**LYNCHBURG
READY MIX**



**Don's Lawns
and More**



True Value.

& Just Ask
RENTAL



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

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

THE 21ST ANNUAL GENESIS HOUSE



TURKEY TROT

5K and Youth Mile

**THANKSGIVING DAY
NOVEMBER 26, 2009**

Race Time

7:30 a.m. - 5K & Youth Mile Registration

9:00 a.m. - 5K Race Begins

10:00 a.m. - Youth Mile Begins

Race Location

Timberlake Christian School
202 Horizon Drive • Forest, Virginia

PROCEEDS BENEFIT

GENESIS HOUSE

EMERGENCY SHELTER

PRESBYTERIAN HOMES & FAMILY SERVICES

www.phfs.org

TURKEY TROT RACE INFORMATION

LOCATION: Timberlake Christian School located at
202 Horizon Drive, Forest, Virginia

COURSE: 5K - Rolling hills on a looped course
Youth Mile - Fast out and back

DATE: Turkey Day, Thursday, November 26, 2009

TIME: Same day Registration - 7:30 a.m. - 8:45 a.m.
5K Race - 9:00 a.m.
Youth Mile (12 & Under) - 10:00 a.m.

ENTRY FEE: **\$20.00** Before Nov. 26 • **\$25.00** Day of Race
Make checks payable to: Genesis House Turkey Trot
Entry fees are non-refundable and non-transferable

REGISTRATION: Complete this form or register online at
www.raceit.com

AGE GROUPS:

YOUTH MILE: 12 & Under

5K MEN	13-Under	25-29	40-44	55-59
	14-19	30-34	45-49	60-69
	20-24	35-39	50-54	70-Over

5K WOMEN	13-Under	25-29	40-44	55-59
	14-19	30-34	45-49	60-69
	20-24	35-39	50-54	70-Over

AWARDS:

5K & YOUTH MILE - Top 3 Overall Male/Female - Trophies

5K - First place in each age group - Trophies

2nd & 3rd place in each age group - Medals

MASTERS - First place over 40 Male/Female - Trophies

YOUTH MILE - All Finishers - Medals given at the finish line

PACKET PICK-UP:

PRE-RACE - Tuesday, Nov. 24th & Wednesday, Nov. 25th
Riverside Runners - 1:00 p.m. - 6:00 p.m.

2301 Rivermont Avenue, Lynchburg, Virginia

RACE DAY - Timberlake Christian School - 7:30 - 8:45 a.m.

INFORMATION: Race Director Don Lucy - 434.385.7420
Riverside Runners - 434.846.7449
PHFS - 434.485-8121 or www.phfs.org

RACE RESULTS: www.riversiderunners.com

GENESIS HOUSE TURKEY TROT 5K AND YOUTH MILE

One entry per person

Complete the form below and return with your check made payable to Genesis House Turkey Trot to:
Genesis House Turkey Trot • Don Lucy • 134 Richeson Drive • Lynchburg, VA 24501
or register online at raceit.com

No parking on the street / Park in designated Areas

Last name _____ First name _____ Phone _____

Street Address _____ City _____ St _____ Zip _____

Email Address _____

Gender ☐ Male ☐ Female

Age on race day _____

T-SHIRTS ONLY GUARANTEED TO RUNNERS REGISTERED BY (POSTMARKED)

FRIDAY, NOVEMBER 20, 2009

Please circle your size

Adult T-Shirt Sizes - S M L XL Youth Sizes - YS YM YL

RACE	FEE	PAYMENT
5K RACE - Pre-registration before Nov. 25	\$20.00	
5K RACE - Same day registration	\$25.00	
YOUTH MILE - Pre-registration before Nov. 25	\$15.00	
YOUTH MILE - Same day registration	\$20.00	
ADDITIONAL TAX DEDUCTIBLE DONATION TO GENESIS HOUSE		
Make checks payable to: GENESIS HOUSE TURKEY TROT	TOTAL	\$

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 GENESIS HOUSE EMERGENCY SHELTER FOR CHILDREN IN CRISIS