



**James River Day School**

# Lucky Day 5K

**Go Green**

## Run/Walk and Youth Mile

**Date:** March 21, 2009

**Location:** James River Day School  
5039 Boonsboro Road  
Lynchburg, Virginia

**Courses:** Rolling hills, out and back,  
city streets

**Time:** 5K run/walk – 8:15 am  
Youth Mile – 9:15 am

**Entry Fee:** \$10 – 14 and under  
\$20 – 15 and older  
\$25 – Day of the Race

### **MISSION**

All proceeds from the Lucky Day 5K will be divided equally between the Jubilee Family Development Center and James River Day School, two non-profit community organizations that encourage growth and development of the whole child.

### **SPONSORS**

Play It Again Sports, Riverside Runners, Orthopaedics Center of Central Virginia and Orthodontic Arts





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**Make checks payable to JRDS. Entry fees are non-refundable and non-transferable.**

**Age Groups:**

**Youth Mile** Limited to 14 and under  
**5K Run/Walk** Female and Male  
10-under, 11-14, 15-19, 20-29  
30-39, 40-49, 50-59, 60+

**Awards:** 5K – Top 3 M/F Each Age Group  
Youth Mile – Top M/F,  
Finisher Awards

Remember to dress your best, wear GREEN or go Green! **Award for best "GREEN" Costume**  
**Awards Ceremony to follow races**

**Packet Pick-up:** Friday, March 20th  
Riverside Runners  
2301 Rivermont Avenue  
12 pm to 6 pm

**Race Day:** Carrington Field House, JRDS  
7 am to 8 am

**Questions?**

Sarah Elizabeth Sterne, Race Coordinator  
434.384.4367 [www.jamesriverdayschool.org](http://www.jamesriverdayschool.org)  
Riverside Runners, 434.846.7449  
[www.riversiderunners.com](http://www.riversiderunners.com)

**Parking:** In designated areas, no parking on city streets



**Run/Walk and Youth Mile**  
**One entry form per runner**

Complete the form below and return with your payment. Make checks payable to **JRDS** at:  
JRDS, Lucky Day 5K, 5039 Boonsboro Road, Lynchburg, VA 24503

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_ Phone \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Date of Birth \_\_\_\_\_

**T-Shirts only guaranteed to runners registered by March 14, 2009**

Please circle your T - Shirt size:

YS YM YL S M L XL

**Race**

<input type="checkbox"/> 5K Run/Walk	Pre-Registration before March 14th	<b>Fee</b> \$20 _____
<input type="checkbox"/> 14 and under		\$10 _____
<input type="checkbox"/> 5K Run/Walk	Same Day Registration	\$25 _____
<input type="checkbox"/> Youth Mile		\$10 _____

Mail payment/checks to: JRDS, Lucky Day 5K, 5039 Boonsboro Rd., Lynchburg, VA 24503

**Registration forms also accepted at Riverside Runners and the Jubilee Family Development Center**

**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 fall, contact with other participants, the effects of 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 James River Day School staff and volunteers and 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

