



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 fitness and the sport of

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

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

Non-Profit Org.
U.S. Postage
PAID
Lynchburg, VA
Permit No. 748



ACADEMY

July 4th One Miler



Lynchburg Roadrunners Race Series - Race #5

Saturday, July 3, 2010 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 3, 2010 • 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: 2010 Lynchburg Road Runners Race Series Race #5

• 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

REGISTRATION

• Online Registration: riversiderunners.com

• Register by June 19 to receive a t-shirt

• Entry Fee: \$12 (\$11 LRRRC member) by June 19

• \$15 After June 19 and Race Day

RIVERSIDE RUNNERS CHALLENGE

First male under 4:40 \$100 bonus

First Female under 5:00 \$100 bonus

PACKET PICK UP

• Friday, July 2 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 2, 2010 to:

Riverside Runners • 2301 Rivermont Avenue • Lynchburg, VA 24503

RACE (Check one) _____ Youth Run (Red) _____ (White) _____ (Blue)
(12 and Under) (40 and Over) (13-39)

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 S M L XL YOUTH SIZES YS YM YL

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