

POINT OF HONOR 5K & YOUTH MINI-MILE RACE REGISTRATION

Race #1 of the Lynchburg Road Runners 2010 Race Series!

Complete the entry form below & return with your payment to: Riverside Runners, 2301 Rivermont Avenue, Lynchburg, VA 24503. Make checks payable to: Lynchburg Road Runners Club.
(Online race registration also available at www.riversiderunners.com)

RACE (PLEASE CIRCLE): 5K YOUTH MINI-MILE

LAST NAME: _____ FIRST: _____

GENDER (M/F): _____ AGE ON RACE DAY: _____ BIRTH DATE: _____

ADDRESS: _____

PHONE: _____ E-MAIL: _____

T-SHIRT SIZE (FOR 5K ENTRANTS ONLY!): Adult Sizes: S M L XL

Entry forms must be received by Thursday, March 25, 2010 to be guaranteed a T-shirt

ENTRY FEES FOR 5K: Early Registration until March 25: \$18 (\$16 for LRRC members)

 Late Registration from March 26-April 2: \$20 (No Discount)

 Race Day Registration on April 3 from 7:45-8:45 AM: \$25

ENTRY FEES FOR YOUTH MINI-MILE: Early Registration until March 25: \$5

 Late Registration from March 26-April 2: \$8

 Race Day Registration on April 3 from 7:45-8:45 AM: \$10

**Entry fees for the Youth Mini-Mile do NOT include a t-shirt. Each participant will receive a finisher's medal upon completion of the event. **The Youth Mini-Mile (approximately 3/4 mile) is a non-timed event that is designed for children 12 years of age and under who do not wish to compete in the 5K (3.1 mile) race.*

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 the 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, Donate Life, LifeNet Health, 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 rise out of negligence or carelessness on the part of the persons named in the waiver.

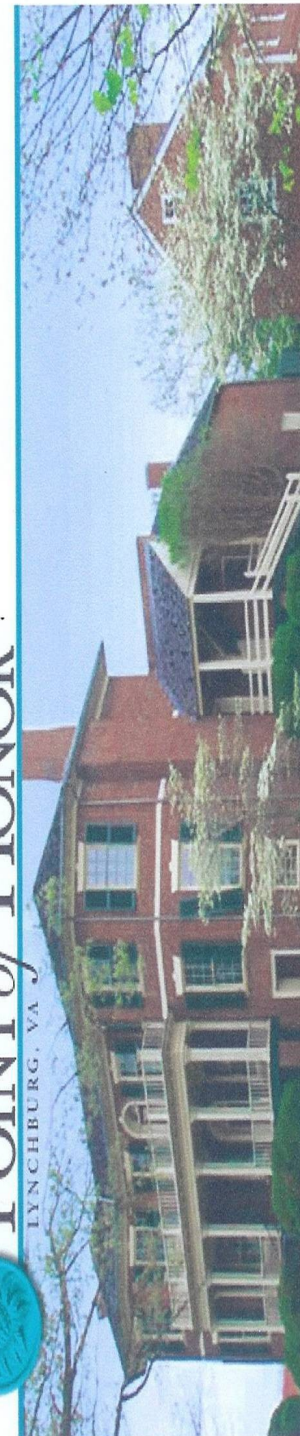
Signature (Guardian if under 18)



NOTE: Entry fees are not refundable and may not be transferred.



POINT of HONOR
LYNCHBURG, VA



POINT OF HONOR 5K & YOUTH MINI-MILE

Saturday, April 3, 2010 9AM

POINT OF HONOR 5K & YOUTH MINI-MILE

APRIL 3, 2010

5K 9AM

YOUTH MINI-MILE 10AM

Race #1 of the Lynchburg Road Runners 2010 Race Series!

RACE INFORMATION:

Start/Finish: Jefferson Street near Riverfront Park

Course: Out and back on Jefferson Street, Point of Honor Trail, and Cabell Street loop in front of Point of Honor.

Awards for 5K: Top three overall male and female; top three male and female in each age group; top male and female Master.

Awards for Youth Mini-Mile: Trophy to first overall male and female finisher.

5K Age Groups: New, improved age groups from 12 & under through 70 & over!

Packet Pickup: Friday, April 2, 12-6 PM, Riverside Runners, 2301 Rivermont Avenue, Lynchburg, VA 24503 and on race day at race site from 7:45-8:45 AM.

WALKERS ARE WELCOME!

**COME FOR THE FUN, DOOR PRIZES, AND
FOOD!**

**RACE PROCEEDS BENEFIT LIFENET HEALTH
& DONATE LIFE.**

APRIL IS NATIONAL DONATE LIFE MONTH!

**GO TO WWW.SAVE7LIVES.ORG TO SIGN UP TO
BE AN ORGAN DONOR.**

Information: Riverside Runners (434) 846-7449
Race Director: Kevin Shroyer (434) 665-8046
E-mail: Yankreb1863@aol.com



Donate Life America assists in mobilizing the transplant community to educate the American public on the need for organ, eye and tissue donation and motivating the public to make an actionable donor designation.

It is comprised of national organizations and 47 local affiliates across the United States that coordinate donation related activities at the grassroots level.

Donate Life America is a 501(c)(3) organization based in Richmond, Virginia, operating with funds from membership, general contributions, and the United Network for Organ Sharing (UNOS). For further information:

www.donatelife.net



Founded in 1982 and headquartered in Virginia Beach, VA. LifeNet Health, Inc. is a leading biomedical alloengineering organization and organ and tissue donation agency whose mission is saving lives and restoring health.

www.lifenet.org



The Lynchburg Road Runners have been promoting fitness and the sport of running for over 30 years in the Lynchburg community. Race insurance, 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. Many local businesses provide discounts to Lynchburg Road Runners Club members. LRRC memberships are available at:

Riverside Runners
2301 Rivermont Avenue
Lynchburg, VA 24503

For More Information:
Call (434) 846-7449
www.riversiderunners.com
or
www.lynchburgroadrunners.org



POINT OF HONOR

Dr. George Cabell, one of Lynchburg's most prominent citizens, friend of Thomas Jefferson, and physician to Patrick Henry, completed Point of Honor in 1815.

www.pointofhonor.org