

# 2010 5K Race for Life

<b>START TIME:</b>	9:00am					
<b>START/FINISH LOCATION:</b>	Blackwater Creek Trail (Kemper Street Extension)					
<b>AWARDS CEREMONY:</b>	Upon completion of the race					
<b>OVERALL WINNER'S PRIZE:</b>	1st Place: \$100 • 2nd Place: \$50 • 3rd Place: \$25 <i>Prize money is given to the first three finishers overall.</i>					
<b>ENTRY FEE:</b>	\$15 before April 10 • \$20 after April 11 • \$25 day of race <i>Entry fee includes t-shirt, awards, door prizes, food at finish line</i> T-shirts only guaranteed to entries received on or before April 9, 2010.					
<b>AGE GROUPS:</b>	12 and under	13-17	18-24	25-29	30-34	35-39
<b>(MALE &amp; FEMALE)</b>	40-44	45-49	50-54	55-59	60-64	65-69
	70 and up					
<b>CONTACT INFORMATION:</b>	Malcolm Miller • 660-5019 • godparenthome5k@aol.com or call Riverside Runners • 434-846-7449 <i>Additional application &amp; results: <a href="http://www.riversiderunners.com">www.riversiderunners.com</a></i>					

To register online registration please see: [www.riversiderunners.com](http://www.riversiderunners.com)

Number pickup will be at

## RIVERSIDE RUNNERS

2301 Rivermont Ave. • Lynchburg, VA 24503

Friday, April 16th from 1:00pm - 6:00pm  
and at start location on race day at 7:30am.

**NEW IN  
2010:**

## YMCA Healthy Kids Day 1 Mile Fun Run!

- Open to all children 10 and under.
- Awards to be given to all who participate.
- Entry Fee \$10

*Entry fee includes awards and food at finish line.*



# 5K RACE FOR LIFE April 17, 2010 Registration

All proceeds to benefit the  
Liberty Godparent Foundation.

TIME: 9:00am

LOCATION: Kemper Street Extension on the  
Blackwater Creek Trail

ENTRY FEE: \$15 before April 10  
\$20 after April 11  
\$25 day of race

YMCA HEALTHY KIDS FUN RUN ENTRY FEE: \$10

AWARDS: Top three overall will be awarded prize money, top three finishers in each age category will receive a medal.

Certificate of Appreciation will be awarded to all who participate.

Awards will be given to all children who participate in the YMCA Healthy Kids Fun Run.

AID: Water will be provided at the start/finish of the race and at half way point.

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

COMPLETE REGISTRATION ON BACK.

Please detach and return to: Riverside Runners • 2301 Rivermont Ave. • Lynchburg, VA 24503