



Gifts for Gulu

"WATER FOR LIFE" RACE

March 13, 2010

3RD ANNUAL 5K RACE AND CHILDREN'S "GULU FUN RUN"

All proceeds will assist in providing a well for the Northern Uganda Gulu Community.

Runners are encouraged to bring new/used Athletic Shoes and Equipment to be sent to the people of Gulu.

LOCATION: Lynchburg College Track and Surrounding Campus

TIME: 5k Race at 9:00 a.m.; Children's Fun Run at 10:00 a.m.

ENTRY FEE: 5K Race: \$15.00 Before March 12th, \$20.00 Day of Race

Fun Run (13 & under): \$5.00 Before March 12th, \$7.00 Day of Race

Entry fee is non-refundable and non-transferable; Refunds will not be given due to inclement weather.

5K AGE GROUPS: Male/Female 12 & under; 13-19; 20-29; 30-39; 40-49; 50-59; 60-over

5K AWARDS: Special gifts from the children of Gulu. Top 3 Overall M/F, Top 3 M/F each age group.

COURSE: Scenic tour of the campus of Lynchburg College

PACKET PICKUP:

- Friday, March 12th from 12:00 pm-5:00 pm at Riverside Runners
2301 Rivermont Ave., Lynchburg, VA 24503, (434) 846-7449,
- Saturday, March 13th (RACE DAY) 8:00 a.m. at Lynchburg College (Turner Gymnasium)

INFORMATION: www.sportsoutreach.net, SOI Office, (434)528-2516, RIVERSIDE RUNNERS (434) 846-7449.

Race results will be listed on www.riversiderunners.com

PLEASE MAKE YOUR CHECKS PAYABLE TO "SOI"

MAIL ENTRIES TO: Riverside Runners, 2301 Rivermont Ave, Lynchburg, VA 24503.

SOI "Water For Life" 5K and Gulu Fun Run Entry Form

Last Name First Name Phone _____

Street Address City State Zip

Gender _____ Birth Date (mm/dd/yy): _____ Age race day _____ RACE (circle): 5K Youth Run (13 & under)

Short Sleeve Wicking Shirts for 5K Runners and Fun Run T's (100% Cotton) Guaranteed to those Registered by March 8th

5k Race Shirt Size: _____ Youth S _____ Youth M _____ Youth L _____ Adult S _____ Adult M _____ Adult L _____ Adult XL

Fun Run T's Sizes: _____ Youth S _____ Youth M _____ Youth L _____ Adult S _____ Adult M _____ Adult L

Additional Donations are welcome to support the ongoing Gifts for Gulu Project or to benefit the Gulu Well Project: \$ _____

I hereby for myself, my family, my heirs and executors waive and release any and all rights and claims for damages I may have against the Sports Outreach Institute, Lynchburg College, Riverside Runners, and all other sponsors and volunteers for any injuries suffered by me during this event. I further state that I am in proper physical condition to compete in this race. In addition, I agree that there is no refund of the entry fee or transfer of the entry form for any reason.

Signature

(Guardian if under 18)

Date