

 <p><b>LYNCHBURG ROAD RUNNERS</b> Summer Race Series</p>	<p align="center"><b>PERCIVAL'S ISLAND</b>  <b>5 Mile Race</b>  <b>Saturday July 16, 2011 - 8:00am</b>          (1600 Concord Turnpike, Downtown Lynchburg)</p>
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LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL ADDRESS (please print) \_\_\_\_\_

AGE RACE DAY \_\_\_\_\_ Gender (M/F) \_\_\_\_\_ T-Shirt (Y / N) \_\_\_\_\_

**Wicking T-SHIRT SIZE:** (Circle one) XS S M L XL

**T-Shirts guaranteed only for runners registered by (7/01/11)**

**REGISTRATION:**

NOTE: ENTRY FEES ARE  
NON-REFUNDABLE AND  
NON-TRANSFERABLE

T-Shirt (deadline 7/01/11): \$25.00 PAPER REGISTRATION

**ONLINE REGISTRATION – FAST, CONVENIENT, LESS MONEY**  
***WWW.RIVERSIDERUNNERS.COM***

**TOTAL FEE ENCLOSED: \$** \_\_\_\_\_ **CHECK #** \_\_\_\_\_

**AGE GROUPS:** 12 & under, 13-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70&up

**AWARDS:** Top 3 overall male & female, Top Master M/F, top 3 in each age group.

**PACKET PICKUP:** Fri. 7/15, Riverside Runners (12-6pm), Race Day at Start 7:00am-7:30am

**COURSE:** Start / Finish Percival's Island Nature Trail, 1600 Concord Turnpike (Downtown Lynchburg). Flat, paved, Shaded. Course Records: Aaron Saft (2005) 25:48 / Catherine Phillips (2007) 30:29

**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 Roadrunners, the City of Lynchburg 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 this waiver.

\_\_\_\_\_  
Signature (Guardian if under 18)

\_\_\_\_\_  
Date

**Please make check payable to: Lynchburg Road Runners**

**2301 Rivermont Ave, Lynchburg, VA 24503 – For more information call 434.846.7449**

