



C E N T R A

I Am Woman 5K Run & Walk

Look Good, Feel Good, Do Good

Lynchburg's Only All Women's Run/Walk

Saturday, October 22, 2011



Children's
Miracle Network
Hospitals
Helping Local Kids



Presented by Food Lion
to benefit
Children's Miracle Network



LOCATION: Peakview Park, Ardmore Drive Entrance ENTRY FEE: \$15 Online (prior to October 8)

TIME: Race Day Registration – 7 a.m. \$20 Paper (prior to race day)
Race Start Time – 8 a.m. \$25 Race Day Registration

AWARDS: Top 3 overall, Top 3 each age group and Top 3 Masters will receive trophies.
All runners are entered into a door prize drawing.

COURSE: 5K Out & Back flat course on Peakview Park Bike Route

AID: Water and healthy snacks will be available.

PACKET PICK-UP:

- Friday, October 21, at Riverside Runners, 2301 Rivermont Avenue, Lynchburg, VA 24503.
Between the hours of noon and 6 p.m. If you have any questions, call 434.846.7449.
- Saturday, October 22 (RACE DAY) from 7 to 7:45 a.m. at Ardmore Drive, Red Barn Entrance.

INFORMATION: Call Riverside Runners, 434.846.7449. Race results will be listed on www.riversiderunners.com.
Entries are non-transferable and non-refundable.

PLEASE MAKE YOUR CHECKS PAYABLE TO "CHILDREN'S MIRACLE NETWORK"

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

OR REGISTER ONLINE: www.riversiderunners.com

Additional donations will be accepted at Children's Miracle Network, 1900 Tate Springs Rd. Ste. 20, Lynchburg, VA 24501

I Am Woman: 5K Application Form

LAST NAME FIRST NAME PHONE: _____ EMAIL: _____

STREET CITY STATE ZIP AGE ON RACE DAY: _____

Participant T-shirt guaranteed to those registered by Friday, October 7, 2011.

Women's Shirt Size: S M L XL

Shirts are wicking, women's sized shirts. These run smaller than typical t-shirt sizes. Order accordingly.

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 Lynchburg Road Runners, Inc., the City of Lynchburg, Centra's Children's Miracle Network and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I further state that I am in proper physical condition to compete in this race.

SIGNATURE (GUARDIAN IF UNDER 18)

DATE