



"Lynchburg's Running/Walking Specialty Store."

**15th Annual Central Virginia
Kidney Association (CVKA)
MEMORIAL DAY 10K**

*******NEW DAY*****SATURDAY, May 26, 2012 8 a.m. *****NEW DAY****

LAST NAME _____ FIRST NAME _____ PHONE _____

FULL MAILING ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL ADDRESS (please print) _____

Age on race day

Date of birth

Sex

(Participant giveaways guaranteed for pre-registered runners only)

REGISTRATION FEE: CHECK ONE: _____ \$30.00 (join LRR for \$15 and get \$15 rate!!!!)
_____ \$15.00-LRR MEMBERS postmarked by **May 21, 2012**
Late Registration and Race Day: _____ \$30.00 ALL RUNNERS

**ADDITIONAL DONATIONS TO CVKA are TAX DEDUCTIBLE. _____ amount of donation
Please send check payable to Central Virginia Kidney Association**

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 Central Va Kidney Association, the Lynchburg Roadrunners, the Holiday Inn Select, 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

MAIL TO: Riverside Runners, ATTN: Lesley McPhatter, 2301 Rivermont Ave., Lynchburg, VA 24503, Riverside Runners (434)846-7449

Thanks for your support!

15th Annual



Central Virginia Kidney Association (CVKA) MEMORIAL DAY 10K

*******NEW DAY*****SATURDAY, May 26, 2011, 8 a.m.**

Lynchburg Roadrunners Race Series Race #3

LOCATION: HOLIDAY INN SELECT, upper level parking deck. 601 Main Street Lynchburg, VA.

SPONSORED BY: Central Virginia Kidney Association (CVKA) & the Lynchburg Roadrunners

RACE DIRECTOR: Lesley McPhatter-(434)485-1608 or (434)455-7116 ultrard1102@gmail.com

WEBSITE: For applications, online registration and results www.riversiderunners.com.

AGE GROUPS: (Men and Women) 26 age groups!! 63 age group awards!

12 and under

13-17 18-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69

70 and over

AWARDS: Top three overall male and female, and top three in each age group, Masters (40 and over), Grand Masters (50 and over) overall male and female.

ENTRY FEE:

\$30.00 (\$15.00 LRR members, nonmembers can join for \$15 and pay \$15 for race) if postmarked by **May 21, 2012**. Late registration and race day registration \$30.00. Race day registration 7-7:30 am. Packet pickup 7 am-7:45 am. Make checks payable to **Central Virginia Kidney Association**.

PACKET PICKUP:

Riverside Runners, 2301 Rivermont Ave. **Friday May 25, 2012 11 am - 7 pm**

COURSE: Out and back from downtown to Riverside Drive. The course has moderate hills, with a downhill finish. The streets are NOT closed. **ABSOLUTELY NO CHANGING NUMBERS, NO DOGS, STROLLERS OR BANDITS!!! OUR INSURANCE WILL NOT COVER YOU and YOU PUT EVERYONE AT RISK!!! PLEASE Respect our charity!**

AID: There will be two water stops around 2 and 4 miles. There will be splits at each mile.

ACCOMODATIONS: Holiday Inn Select (race start). Call (434)528-2500 for reservations and rates.

DIRECTIONS: From Business Rt 29 N or S take Main Street Exit #1 in Lynchburg. Proceed to 600 block.

CVKA is a nonprofit organization to provide resources for people with kidney disease. All profits from this race will go to this fund. All donations are tax deductible.

Central VA Kidney Association 10K

Contact: Lesley McPhatter 434-485-1608, ultrard1102@gmail.com

