



**PERCIVAL'S ISLAND
5 Mile Race
Saturday July 21, 2012 - 8:00am
(1600 Concord Turnpike, Downtown Lynchburg)**

LAST NAME _____ FIRST NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL ADDRESS (please print) _____

AGE RACE DAY _____ Gender (M/F) _____ Phone _____

Wicking T-SHIRT SIZE: (Circle one) WS WM WL MS MM ML MXL

T-Shirts guaranteed for runners registered by (7/01/12)

REGISTRATION:

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

T-Shirt (deadline 7/01/11): \$30.00 PAPER REGISTRATION

ONLINE REGISTRATION – FAST, CONVENIENT, LESS MONEY
WWW.RIVERSIDERUNNERS.COM - \$25 (\$18 LRRC Member)

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

**Please make check payable to: Lynchburg Road Runners,
2301 Rivermont Ave, Lynchburg, VA 24503 – For more information call 434.846.7449**

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 M/F, Top Master M/F, top 3 in each age group.

PACKET PICKUP: Fri. 7/20, 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

