



Poplar Forest 5K and Children's Fun Run

October 13, 2012

All proceeds will support educational programming at Poplar Forest

- Location:** Thomas Jefferson's Poplar Forest and Surrounding Neighborhood
- Time:** 5K at 8:30 a.m. and Children's Fun Run at 9:30 a.m.
- Entry Fee:** 5K Race: Online: \$20 through October 5th; \$25 through October 10th
 Mail/Walk In: \$25 through October 12th
 Day of: \$30 (t-shirt not guaranteed)
 Children's Fun Run: \$15 (t-shirt not included)
- Age Groups:** 5K Men/Women: 12 and under; 13-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+
 Children's Fun Run: 12 and under
- Awards:** 5K: Top 3 men and women in each age group will receive a unique Jefferson medal.
 Overall Male and Female and Overall Masters Male and Female will receive a Jefferson pewter cup.
 All Children's Run participants will receive a medal.
- T-Shirt:** 5K Only. Unisex, long sleeve 50/50 t-shirt. T-shirts guaranteed to those registered by October 7th.
- Aid:** Water will be provided. Food and drinks will be available after race.
- Packet Pickup:** Friday, October 12th from 12:00 p.m. to 6:00 p.m. at *Riverside Runners* (2301 Rivermont Ave., Lynchburg)
 Saturday, October 13th (RACE DAY) 7:00 a.m. to 8:00 a.m. at Poplar Forest
- Information:** <http://www.poplarforest.org/events/5k> OR Poplar Forest (434) 534-8120

PLEASE MAKE YOUR CHECKS PAYABLE TO "Poplar Forest"
MAIL ENTRIES TO: Poplar Forest, P.O. Box 419, Forest, VA 24551
DROP ENTRIES OFF: Riverside Runners, 2480 Rivermont Ave., Lynchburg, VA 24503.

Poplar Forest 5K Run/Walk and Children's Fun Run Entry Form (one form per entry) Race (circle one): 5K or Children's Run

Last Name		First Name			Phone	
Street Address		City	State	Zip	Gender	Age on race day
Email				T-shirt Size (5K Only Circle one):		S M L XL

WAIVER (Must be signed): I know that running a road/trail race is a potentially hazardous activity, which could cause injury or death. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of the official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including, but not limited to, falls, contacts with other participants, the effects of the weather, including high heat and/or humidity, conditions of the trails/roads, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release the The Corporation for Jefferson's Poplar Forest, Bedford County, Campbell County, Riverside Runners, and all sponsors, their representatives, any other persons assisting with the race, and their successors from all claims or liabilities of any kind arising out of my participation in the race even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that if the race cannot be held on October 15 due to circumstances beyond the control of the race committee and sponsors, including, but not limited to, unsafe weather conditions the race will be cancelled and will not be rescheduled for another date this year. Entry fees are not refundable and may not be transferred.

Signature (Guardian if under 18)	Date
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