



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 27, 2012



Children's  
Miracle Network  
Hospitals  
Helping Local Kids



Presented by Food Lion  
to benefit  
Children's Miracle Network



LOCATION: Centra Alan B. Pearson Regional Cancer Center      ENTRY FEE: \$20 Online (prior to October 8)  
1701 Thomson Drive, Lynchburg      \$25 Paper (prior to race day)

TIME: Race Day Registration – 7 a.m. • Race Start Time – 8 a.m.      \$30 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: Road race. See [www.riversiderunners.com](http://www.riversiderunners.com) for map.

AID: Water and healthy snacks will be available.

**PACKET PICK-UP:**

- Friday, October 26, at Riverside Runners NEW LOCATION, 2480 Rivermont Avenue, Lynchburg, VA 24503 (next to Magnolia Foods).  
Between the hours of noon and 6 p.m. If you have any questions, call 434.846.7449.
- Saturday, October 27 (RACE DAY), from 7 to 7:45 a.m. at Centra Alan B. Pearson Regional Cancer Center.

INFORMATION: Call Riverside Runners, 434.846.7449. Race results will be listed on [www.riversiderunners.com](http://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, 2480 Rivermont Ave., Lynchburg, VA 24503

OR REGISTER ONLINE: [www.riversiderunners.com](http://www.riversiderunners.com)

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

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## 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 12, 2012.

Women's Shirt Size:    S      M      L      XL

Addidas technical T-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