

5TH ANNUAL POINT OF HONOR 5K & YOUTH MINI-MILE RACE REGISTRATION

Race #1 of the 2012 Lynchburg Road Runners Club Race Series!

Complete the entry form below & return with your payment to: Riverside Runners, 2301 Rivermont Avenue, Lynchburg, VA 24503. Make checks payable to: Lynchburg Road Runners Club. (Race registration is also available at www.riversiderunners.com)

RACE (PLEASE CIRCLE): 5K YOUTH MINI-MILE

LAST NAME: _____ FIRST: _____

GENDER (M/F): _____ AGE ON RACE DAY: _____ BIRTH DATE: _____

ADDRESS: _____

PHONE: _____ E-MAIL: _____

T-SHIRT SIZE (FOR 5K ENTRANTS ONLY!): Adult Sizes: S M L XL

Entry forms must be received by Friday, March 23, 2012 to be guaranteed a moisture-wicking T-shirt

ENTRY FEES FOR 5K: "Early Bird Special" Registration until March 23: \$16
 Regular Registration from March 24-April 6: \$20 (\$18 for LRRC members)
 Race Day Registration on April 7 from 7:30-8:30AM: \$25 (No discount)

ENTRY FEES FOR YOUTH MINI-MILE: "Early Bird Special" Registration until March 23: \$6
 Regular Registration from March 24-April 6: \$8
 Race Day Registration on April 7 from 7:30-8:30AM: \$10

**Entry fees for the Youth Mini-Mile do NOT include a T-shirt. Each participant will receive a finisher's medal upon completion of the event. **The Youth Mini-Mile (approximately 3/4 mile) is a non-timed event that is designed for children 12 years of age and under who do not wish to compete in the 5K (3.1 mile) race.*

WAIVER (Must be signed!): I know that participating in 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 participating in the 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 Road Runners Club, the City of Lynchburg, Donate Life, LifeNet Health, 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 rise out of negligence or carelessness on the part of the persons named in the waiver.

Signature (Guardian if participant is under 18 years of age) Date



NOTE: Entry fees are not refundable and may not be transferred. Dogs and strollers are strictly prohibited!



5TH ANNUAL POINT OF HONOR 5K & YOUTH MINI-MILE
Saturday, April 7, 2012 9AM

POINT OF HONOR 5K & YOUTH MINI-MILE

APRIL 7, 2012

5K 9AM

YOUTH MINI-MILE 10AM

*Race #1 of the 2012 Lynchburg Road
Runners Club Race Series!*

RACE INFORMATION



Start/Finish: Jefferson Street near Riverfront Park
Course: Out and back on Jefferson Street, Point of Honor Trail, and Cabell Street loop in front of Point of Honor. *Walkers are welcome but no strollers please!*
Awards for 5K: Top three Overall male/female; top three male/female in each Age Group; top male/female Master (40 and over).

Awards for Youth Mini-Mile: Trophy to first Overall male and female finishers.

5K Age Groups: Age groups from 12 & under through 70 & over!

Packet Pickup: Friday, April 6, 11AM-6PM, Riverside Runners, 2301 Rivermont Avenue, Lynchburg, VA 24503 and on race day at race site from 7:30-8:30AM.

Results: www.riversiderunners.com

PROUDLY SPONSORED BY CENTRA

RACE PROCEEDS BENEFIT LIFENET HEALTH.

APRIL IS NATIONAL DONATE LIFE MONTH!

GO TO WWW.DONATELIFEVIRGINIA.ORG TO SIGN UP TO BE AN ORGAN DONOR.

Information: Riverside Runners (434) 846-7449
Race Director: Kevin Shroyer (434) 665-8046
E-mail: yankreb1863@aol.com



Donate Life America assists in mobilizing the transplant community to educate the American public on the need for organ, eye and tissue donation and motivating the public to make an actionable donor designation.

Donate Life America is a 501(c)(3) organization based in Richmond, Virginia, operating with funds from membership, general contributions, and the United Network for Organ Sharing (UNOS). For further information:

www.donatelife.net



Founded in 1982 and headquartered in Virginia Beach, Virginia, LifeNet Health, Inc. is a leading biomedical alloengineering organization and organ and tissue donation agency whose mission is saving lives and restoring health.

Your participation in the Point of Honor 5K & Youth Mini-Mile allows LifeNet Health, Inc. to continue to educate the public and raise awareness regarding organ and tissue donation.

Together, we can continue to save lives and give others a better quality of life by restoring health!

www.lifenet.org



The Lynchburg Road Runners Club has been promoting fitness and the sport of running for many years in the Lynchburg community. Races, fun runs, and other local running events help us achieve this goal. An e-newsletter and a website assist us also. Many of our events, such as this race, support a wide variety of charitable causes and organizations. Your continued involvement with the LRRC is desired! Membership is open to persons of all ages and abilities. LRRC memberships are available at:

Riverside Runners
2301 Rivermont Avenue
Lynchburg, VA 24503
(434) 846-7449

For more information:
www.lynchburgroadrunners.org



POINT OF HONOR

Dr. George Cabell, one of Lynchburg's most prominent citizens, friend of Thomas Jefferson, and physician to Patrick Henry, completed Point of Honor in 1815.

www.pointofhonor.org