

MEMORIAL DAY 10K RUN and 2 Mile Walk



Lynchburg Road Runners



Riverside Runners

BENEFITING



**MONDAY MAY 27, 2013
RIVERFRONT PARK
LYNCHBURG VIRGINIA**

I have been running 5Ks and 10Ks for 7 years. When I began registering for races, I decided that I would only register and run races that benefited worthy, local charities that help kids and families. During these 7 years, there has not been even one local race to benefit the Juvenile Diabetes Research Foundation: “finding a cure for Type 1 Diabetes”. There are mega walks in other communities, but nothing in Lynchburg. Our local support group for Type 1 Diabetes is partnering with the Lynchburg Road Runners Club (LRRC) to bring awareness to this problem and raise money for a cure.

For the past 15 years the Central Virginia Kidney Association (CVKA) sponsored and benefited from the Memorial Day 10K, under the fine leadership of Lesley McPhatter. The CVKA decided to retire from this race and approached the LRRC to see if we would be interested in continuing this Memorial Day tradition that so many people have enjoyed. Because kidney disease is in many cases caused by diabetic problems, it seemed like a natural transition for the race to benefit JDRF; especially Type 1 Diabetes----which currently has no cure.

We have a new course this year as we are taking the race off the Lynchburg streets - mainly for safety reasons. We will begin the race in the Riverfront Park area, continuing thru the Blackwater Creek Bikeway Trail on the upper trail through the old railroad tunnel, through the “junction” continuing towards the Ed Page entrance of the trail. The turnaround point will be at about the 0.6 mile mark on the Ed Page Trail. After the turnaround the course heads back to the “junction,” proceeds down through the Hollins Mill Dam Park area, across the “low water bridge” at the dam, and back to downtown via the Point of Honor Trail to Riverfront Park where the race started. The 2-Mile Walk will go thru the upper trail on the Bikeway as the 10K did, go thru the tunnel, turn around and come back on the upper trail.

There will be lots of door prizes and there will be awards presented in the 10K Run for the top three finishers; top Masters finishers; and top three in each age group. The 10K Run will begin at 8:00 am. (NOTE: ADA participants will start at 7:55 am.) The 10K run awards ceremony will start at 9:45 am and will include the door prizes. Runners, walkers, and volunteers will all be eligible for the door prizes. The 2 Mile Walk will begin at 10:00 am, after the awards ceremony.

We really want this to be the successful beginning to many years of racing and walking to benefit JDRF.

Please come out and run or walk to be healthy and support a tremendously worthy cause. I would especially like to thank Charlotte Kidd, Jason Witt, and Brian Vandegrift for all the time they have devoted to help organize this race and make it successful.

Brenda Gray, Race Director

SCHEDULE OF EVENTS

FRIDAY: 4-6PM PACKET - PICK UP. RIVERSIDE RUNNERS RIVERMONT AVE

SATURDAY: 12-5PM - PACKET PICK UP. 12-5PM, RIVERSIDE RUNNERS, RIVERMONT AVE

MONDAY: 7:00AM - PACKET PICK UP AND RACE DAY REGISTRATION

7:50AM - PRE-RACE MEETING

7:55AM - ADA PARTICIPANT START

8:00AM - 10K RACE START

9:30AM - AWARDS – DOOR PRIZES

10:00AM - 2 MILE WALK START



DIRECTIONS

From 29 North - Danville

- Take 29 North through Lynchburg (do not take Rt. 29 bypass) to the Main Street / Downtown / Riverfront exit (the last exit before crossing the James River, exit 1A)
- The exit puts you on Main Street
- Continue on Main Street for several blocks then turn right on Ninth Street

From 460 West - Appomattox

- From 460 West, take the Business 460 / 501 Campbell Avenue exit
- Go straight until you reach the 29 North onramp on the right
- Take 29 North to the Main Street / Downtown / Riverfront exit (the last exit before crossing the James River, exit 1A)
- The exit puts you on Main Street
- Continue on Main Street for several blocks then turn right on Ninth Street

From 460 East -Roanoke

- Take 460 East to Lynchburg (do not take the first 29 North exit ramp near the airport)
- Continue on 460 East
- Take the left exit ramp towards 501 North/29 North/Candler's Mountain Road
- Continue through 2 stoplights and take the right hand exit onto 29 North towards Charlottesville
- Follow 29 North to the Downtown Lynchburg / Riverfront exit (exit 1A). If you cross over the James River you have traveled too far.
- Follow Main Street for several blocks and then turn right onto Ninth Street.

From 29 Bypass South –Charlottesville

- From 29 bypass South, take the Downtown Lynchburg exit (Rt. 210 interchange)
- At exit ramp turn right and continue until the road dead ends at Amherst Hwy. Turn left onto Amherst Hwy.
- After crossing the bridge over the James River, turn left at the first light onto Commerce Street
- Continue on Commerce Street for a few blocks and then turn left on Ninth Street

PARKING

Riverfront Park
1100 Jefferson Street
Lynchburg, VA 24504

- Parking is available in Lynchburg City lots as well as on street parking on Jefferson Street. Be aware that a construction project has closed Jefferson Street near the intersection of Washington Street. It is open on the 9th street end near Amazement Square.
- A volunteer will be available on race day to help with any parking questions.
- We kindly ask you not to park in nearby businesses parking areas.

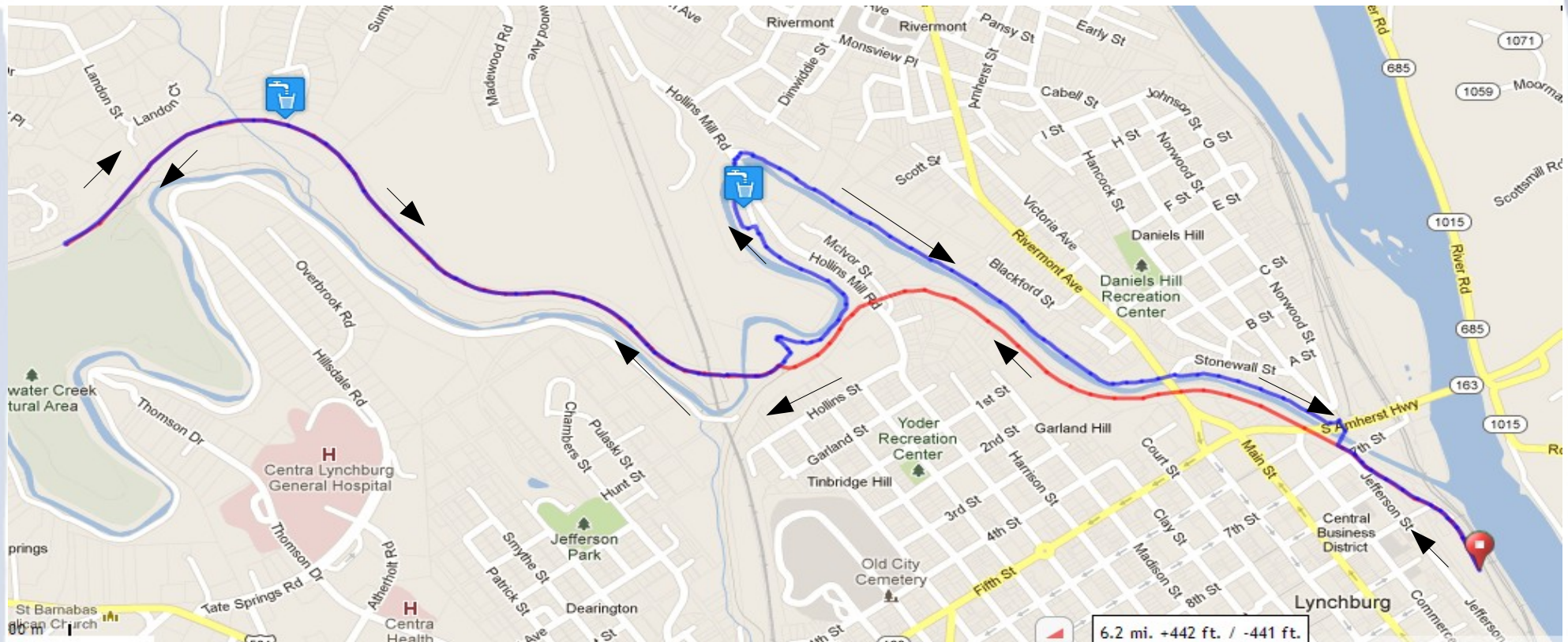
Historic Downtown Lynchburg Public Parking Map



The City of Lynchburg provides nearly 7,006 private and public parking spaces, including 14 parking facilities, throughout the downtown Lynchburg area.

Race Course

RACE IS A 10K RUN. STARTING LINE IS AT RIVERFRONT PARK. IT WILL FOLLOW THE BLACKWATER CREEK TRAIL THROUGH THE TUNNEL TOWARDS THE ED PAGE ENTRANCE. YOU WILL REACH A TURN-AROUND JUST PAST THE RANDOLPH ENTRANCE, CONTINUE BACK TO THE POINT OF HONOR TRAIL. CROSS HOLLINS MILL, AND WORK YOUR WAY BACK TOWARD THE FINISH.



[Click Here for Detailed Map](#)

THANKS TO OUR RACE SPONSORS FOR THEIR SUPPORT



C E N T R A

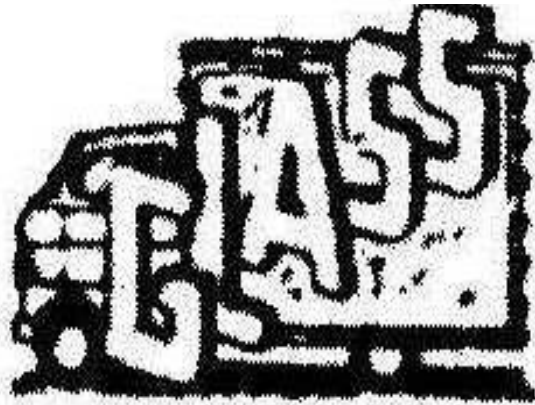


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Lynchburg, VA 24501
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Facts about JDRF ›

JDRF is the leading global organization focused on type 1 diabetes (T1D) research. Driven by passionate, grassroots volunteers connected to children, adolescents, and adults with this disease, JDRF is the largest charitable supporter of T1D research.

Research Funding Facts ›

JDRF's research mission is to discover, develop and deliver advances that cure, better treat and prevent type 1 diabetes (T1D). As the global leader in the fight against T1D, JDRF's research programs are comprehensive — addressing the hopes and dreams of every person with T1D for the best quality of life and a cure for this disease.

General Diabetes Facts ›

Diabetes is the name given to disorders in which the body has trouble regulating its blood glucose, or blood sugar, levels. There are two major types of diabetes: type 1 and type 2. Type 1 diabetes (T1D) is an autoimmune disease in which a person's pancreas stops producing insulin, a hormone that enables people to get energy from food. Type 2 diabetes is a metabolic disorder in which a person's body still produces insulin but is unable to use it effectively.



T1DE HOSTS A LOCAL SUPPORT GROUP AND OTHER EVENTS FOR PARENTS AND CHILDREN THAT HAVE TYPE 1 DIABETES PROVIDING SUPPORT, EDUCATION AND OUTREACH TO THE COMMUNITY.

MEETING DATES

WE MEET THE THIRD SUNDAY OF EACH MONTH FROM 3-5 P.M. AT MOUNTAIN VIEW UNITED METHODIST CHURCH 1077 VIEWPOINT LANE FOREST, VA (WEST OF FOOD LION ON 221)

www.t1de.org

RUNNING GROUPS

Local running groups have formed the foundation of providing both a healthy lifestyle and also the financial aid to many worthwhile groups and organizations. Without your support, many projects would not be possible. Please be sure to visit the following groups for more information.

Lynchburg Road Runners

IronGate Triathlon Club

Appomattox Road Warriors

Central VA Girls on the Run

Memorial Day 10K

THANK YOU FOR SUPPORTING US!