

2013 Gifts for Gulu 5K Run/Walk and Children's Fun Runs

March 23, 2013

All proceeds will go towards the construction and furnishing of the Ger (Hope) Center for Trauma Counseling in Gulu, Uganda.

5K Run/Walk

Start Time: 8:00 AM

Awards

Top 3 overall male and female awards
Top Master male and female awards
Top 3 male and female age group awards

12 and under	30-34	50-59
13-17	35-39	60-64
18-24	40-44	65-69
25-29	45-49	70 and up

Entry Fees:

Online Registration: \$20 (LRRC \$15) until 3/9
College Student Price: \$15 until 3/9
Paper Application: \$25

All registration after 3/9 is \$30!

New Course!!!

Start on the Lynchburg College track, continue through the main part of campus, loop around the outer part of campus, and finish on the track.

Save time and money. Register online!
Go to www.riversiderunners.com!

Children's Runs

Time: approximately 9:15 am

Races

1 mile (ages 7-12) 1/4 mile (6 and under)

Entry Fee:

Paper and online registration: \$10.00

Races will run simultaneously on the LC track. 1/4 milers will stop after one lap. Milers will run four laps.

Awards

Each child who participates will receive a special gift.

No Dogs or Strollers!

Packet pick up will be March 22 from 12-6 at Riverside Runners!

For more information, please contact Sports Outreach by website at www.sportsoutreach.net, by phone at (434) 582-4707, or email at info@sportsoutreach.net.

The mission of Sports Outreach Institute is to identify and train committed Christian leadership in the effective use of sports ministry, in the spreading of the Gospel message, and in alleviating human suffering through five core projects: sports ministry, feeding, teaching, training, and public health. **Proceeds from the 2013 Gifts for Gulu Races will go towards the construction and furnishing of the "Ger Center for Trauma Counseling" in Gulu, Uganda.** "Ger" is the northern Ugandan word for 'hope.' Twenty five years of civil unrest and war have left deep generational scars of trauma, fear emotional instability, and a sense of hopelessness. The Tumaini Center will facilitate our shared desire to restore hope and rebuild lives. Thank you for your support!



Join us for Race # 1 of the 2013
Lynchburg Road Runners Race Series!



2013 Gifts for Gulu 5K Run/Walk and Children's Fun Runs Paper Application

Please complete the bottom portion of this form and return it to
Riverside Runners, 2480 Rivermont Avenue, Lynchburg, Virginia 24503.

Entry fee is non-refundable and non-transferable. Refunds will not be given due to inclement weather.

Important Race reminders

The 5K Run/Walk will begin at 8:00 am on the Lynchburg College track

The Children's Fun Runs will begin at approximately 9:15 am on the Lynchburg College track.

Packet pickup will be on Friday, March 22 from 12:00 pm to 6:00 pm at Riverside Runners.

All registrations received by March 9th will be guaranteed a race t-shirt!

Any questions? Contact Sports Outreach at info@sportsoutreach.net or (434) 582-4707.

Thank you for your support of the Ger (Hope) Center for Trauma Counseling!

Last Name _____ First Name _____ Phone: _____

Street Address: _____ State: _____ Zip: _____

Gender: M or F Age on Race Day: _____ Event: 5K Run 5K Walk Youth Run

Wicking T-shirts for 5K Runners and Fun Run T-shirts (100% cotton) guaranteed to those registered by March 9th!

Adult Shirt Size: S M L XL XXL Fun Run T-shirt sizes: YS YM YL Adult S Adult M Adult L

Additional charitable donations to Sports Outreach Institute: _____

WAIVER (must be signed) I know that participating in a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am 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 any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with participating 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 race course, all such risks being known and appreciated by me. I understand that animals, strollers, baby joggers, and similar items are not allowed in the race, except as required by an ADA participant. Having read this 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 Lynchburg Road Runners Club, Gifts for Gulu 5K Run/Walk and Children's Fun Runs, Road Runners Club of America, Sports Outreach Institute, Lynchburg College, Riverside Runners, City of Lynchburg, and all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I attest that I have read the rules of the race and agree to abide by all race rules.

Signature

Date

Signature of parent or guardian if under 18 years of age.

Date