



**PERCIVAL'S ISLAND
5 Mile Race
Saturday July 20, 2012 - 8:00am
(1600 Concord Turnpike, Downtown Lynchburg)**

LAST NAME _____ FIRST NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL ADDRESS (please print) _____

AGE RACE DAY _____ Gender (M/F) _____ Phone _____

Wicking T-SHIRT SIZE: (Circle one) WS WM WL MS MM ML MXL

T-Shirts guaranteed for runners registered by (7/01/13)

REGISTRATION:

NOTE: ENTRY FEES ARE
NON-REFUNDABLE AND
NON-TRANSFERABLE

T-Shirt (deadline 7/01/13): **\$30.00 PAPER REGISTRATION**
ONLINE REGISTRATION – FAST, CONVENIENT, SAVE \$\$\$
WWW.RIVERSIDERUNNERS.COM - \$25 (\$18 LRRC Member)

TOTAL FEE ENCLOSED: \$ _____ **CHECK #** _____

**Please make check payable to: Lynchburg Road Runners, C/O Riverside Runners
2480 Rivermont Ave, Lynchburg, VA 24503 – For more information call 434.846.7449**

AGE GROUPS: 12 & under, 13-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70&up

AWARDS: Top 3 Overall M/F, Top Master M/F, top 3 in each age group.

PACKET PICKUP: Fri. 7/19, Riverside Runners (12-6pm), Race Day at Start 7:00am-7:30am

COURSE: Start / Finish Percival's Island Nature Trail, 1600 Concord Turnpike (Downtown Lynchburg). Flat, paved, Shaded.
Stollers & Pets are Prohibited. Course Records: Aaron Saft (2005) 25:48 / Catherine Phillips (2007) 30:29

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 Lynch-burg Road Runners Club, Road Runners Club of America, 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. **ENTRY FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE.**

Signature (Guardian if under 18)

Date