



I Am
WOMAN
5K WALK & RUN
October 26, 2013



**Presented by Food Lion
to benefit
Children's Miracle Network Hospitals**

LOCATION: Centra Alan B. Pearson Regional Cancer Center Entry Fee: \$ 20 Online (prior to Oct. 12)
1701 Thomson Drive, Lynchburg 25 Paper Application
30 Race Day Registration

TIME: Race Day Registration- 7 AM ~ Race Start Time ~ 8 AM

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 for map.

AID: Water and healthy snacks will be available.

PACKET PICKUP:

- Friday, October 25, at Riverside Runners, 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 26 (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. **Entries are non-transferable and non-refundable.**

**PLEASE MAKE YOUR CHECKS PAYABLE TO "CHILDREN'S MIRACLE NETWORK HOSPITALS" MAIL ENTRIES TO:
Riverside Runners, 2480 Rivermont Ave., Lynchburg, VA 24503 OR REGISTER ONLINE: www.riversiderunners.com**

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

I Am Woman: 5K Application Form

PHONE: _____ EMAIL: _____
Last Name First Name
Street City State Zip AGE ON RACE DAY: _____

Participant T-shirt guaranteed to those registered by Friday, October 11, 2013.

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 Hospitals 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