COMPLETE THE ENTRY FORM BELOW AND RETURN WITH YOUR CHECK MADE PAYABLE TO: LYNCHBURG ROAD RUNNERS

POINT OF HONOR 5K RACE REGISTRATION
Race #1 of the Lynchburg Road Runners 2009 Race Series!

LAST NAME: ___________________________ FIRST: __________________________ PHONE: __________

FULL MAILING ADDRESS: ________________________________________________________________

CITY: ____________________________ STATE: _______ ZIP: _______ GENDER (M/F): _______

E-MAIL: __________________________ AGE ON RACE DAY: __________

T-SHIRT SIZE: ___________ Adult Sizes: S M L XL *Entry forms must be received by March 26, 2009 to be guaranteed a T-shirt*

ENTRY FEES: Until March 26: $15-No shirt; $16-LRR member & shirt; $18-Non-member & shirt
March 27 until April 4: $20
*Entry fees are not refundable and may not be transferred*

WAIVER (Must Be Signed):
I know that running 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 running 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, 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 under 18)    Date

PLEASE RETURN TO: RIVERSIDE RUNNERS
2301 RIVERMONT AVENUE LYNCHBURG, VA 24503 (434) 846-7449
POINT OF HONOR 5K  
April 4, 2009    9AM  
Race #1 of the Lynchburg Road Runners 2009 Race Series!
Start/Finish: Jefferson Street near Riverfront Park

Course: Out and back on Jefferson Street, Point of Honor Trail, and loop in front of Point of Honor.

Awards: Top three overall male and female; top three male and female in each age group.

Packet Pickup: Friday, April 3, 12-6PM, Riverside Runners, 2301 Rivermont Avenue, Lynchburg, VA 24503 and on race day at race site from 7:45-8:45AM.

Walkers are welcome!  
Door prizes and food!

Proceeds benefit LifeNet Health & Donate Life.  
April is National Donate Life Month!

Go to www.save7lives.org to sign up to be an organ donor.

Information: Riverside Runners  
(434) 846-7449  
www.riversiderunners.com  
Race Director: Kevin Shroyer (434) 665-8046

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. The organization publishes brochures, program kits and other materials; provides technical assistance and referral services; coordinates the national campaign for organ, eye and tissue donation; identifies measurable best practices and leads the Donor Designation Collaborative.

It is comprised of national organizations and 47 local affiliates across the United States that coordinate donation related activities at the grassroots level.

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

The Lynchburg Road Runners have been promoting fitness and the sport of running for over 30 years in the Lynchburg community. Race insurance, monthly fun runs, kids races, a newsletter published six times a year, and local running events help us achieve this goal. Membership is open to all ages and abilities. Many local businesses provide discounts to Lynchburg Road Runners Club members. LRR memberships are available at:

Riverside Runners  
2301 Rivermont Avenue  
Lynchburg, VA 24503

For More Information:  
Call (434) 846-7449  
www.riversiderunners.com  
or  
www.lynchburgroadrunners.org

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