



Fun Run!

November 22, 2008

All proceeds will benefit Girls on the Run of Greater Lynchburg

Location: Blackwater Creek Trail, Kemper Street Station, 825 Kemper Street (corner of Park and Kemper Streets)

Race Start Time: 9:00 a.m.

Entry Fee: \$15.00 before November 21, \$25.00 Race Day

Course: 5K out and back starting at the Kemper Street Station and running through the Hollins Mill Tunnel

Water will be provided. Food and drinks will be available after the race.

Packet Pickup: Saturday, November 22nd, 8:00-8:30 a.m., Kemper Street Station

Information: Mary Hansen, Girls on the Run of Greater Lynchburg, (434) 944-1465, or

gotrgreaterlynchburg@comcast.net

Please make checks payable to: Girls on the Run of Greater Lynchburg.

Mail Entries to: Girls on the Run of Greater Lynchburg, 2125 Langhorne Road, Lynchburg, VA 24501 **or drop by:** Riverside Runners, 2301 Rivermont Ave.

Online registration available at:

http://www.active.com/event_detail.cfm?event_id=1635751

All participants under 12 must be accompanied by an adult. No pets, please.

Girls on the Run of Greater Lynchburg 5K Entry Form

_____	_____	_____	_____	_____
Last Name	First Name	Phone No.		Gender
_____	_____	_____	_____	_____
Street Address	City	State	Zip	
_____	_____	_____	_____	
Birth Date_____	Age on race day_____			

T-Shirts Guaranteed to those Registered by November 1, 2008.

Youth Shirt Sizes: **M L** Adult Shirt Size: **S M L XL**

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 the City of Lynchburg, Girls on the Run of Greater Lynchburg, and all other sponsors and volunteers for any injuries suffered by me during this event. I further state that I am in proper physical condition to compete in this race. In addition, I agree that there is no refund of the entry fee or transfer of the entry form for any reason.

Signature (Guardian if under 18)

Date

Girls already registered as participants of the Fall 2008 Girls on the Run of Greater Lynchburg program do not need to register again for this 5K event. Non-participants of Fall GOTR under the age of 12 must be accompanied by a guardian of at least 16 years or older.