



Linwood Holton Elementary 10th Annual

5k Run & Walk • Saturday, March 6, 2010

7:45 am Check-In & Registration • 9:00 am Race Begins (race clock stops at 10:00)

Great Training Race for the Monument Avenue 10k

\$250 Cash Prizes for First Place Male & Female Winners and

\$100 Cash Prizes for First Place Male & Female Richmond Public School Teacher Winners

The 5k is open to all ages. This 3.2 mile course starts at Holton Elementary and winds through the beautiful neighborhoods of Ginter Park and Bellevue. All are welcome to run and cheer on their friends! Questions? Contact the race coordinator, Michael Haas (michael_s_haas@yahoo.com) at 261-0383.

Please make checks payable to **Holton PTA**.

Mail payment and registration forms to:

Linwood Holton Elementary School
att: Holton PTA 5k
1600 W. Laburnum Avenue
Richmond, VA 23227



Holton 5k Run/Walk \$17 Individual Pre-Registration
\$20 Race Day Registration
\$45 Family Registration

Only 5k runners registered by March 1 are guaranteed a t-shirt.

**On-line registration available at
www.raceit.com use keyword: Holton**



Linwood Holton Elementary 5k Walk/Run Registration Form

Please fill out this form and mail with your payment before March 1. Please print clearly. Form is continued on the back.

1.

last name _____ first name _____
gender (circle one) male female age on race day _____ T-shirt size (circle one) Adult XL Adult L Adult M Youth L Youth M

2.

last name _____ first name _____
gender (circle one) male female age on race day _____ T-shirt size (circle one) Adult XL Adult L Adult M Youth L Youth M

Are you a RICHMOND ROADRUNNERS member? (circle one) Yes No

Are you a RICHMOND PUBLIC SCHOOL teacher? (circle one) Yes No

address _____

city _____

state _____

zip _____

telephone (day & eve) _____

email _____

I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event, including, but not limited to falls, contact with other participants, the effects of weather including heat, humidity or cold, traffic and conditions of the road; all such risks being known and appreciated by me. 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 the Richmond Road Runners Club, the Road Runners Club of America, the Commonwealth of Virginia, the City of Richmond, Linwood Holton Elementary School, Holton Elementary PTA and all other sponsors of 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 any photographs, motion pictures, recordings or other record of this event for any legitimate purpose.

This race is conducted under the rules of the USATF and RRCA. In consideration of the safety of all participants, NO headphones, animals on/off leashes, skateboards, bikes, scooters or skates will be allowed in the official race.

signature _____

date _____

parent's signature (if under 18 years) _____

date _____



Linwood Holton Elementary 5K Walk/Run Registration Form (cont.)

3. _____
 last name first name
 gender (circle one) male female age on race day _____ T-shirt size (circle one) Adult XL Adult L Adult M Youth L Youth M

4. _____
 last name first name
 gender (circle one) male female age on race day _____ T-shirt size (circle one) Adult XL Adult L Adult M Youth L Youth M

5. _____
 last name first name
 gender (circle one) male female age on race day _____ T-shirt size (circle one) Adult XL Adult L Adult M Youth L Youth M