

REGISTRATION FORM



Nestlé 5k

RICHARD LONG MEMORIAL RUN

May 18, 2013

5K Run / 5K Walk / 5K Wheelchair / Fun-Run

Please print clearly:

Name _____

Address _____

City _____ State _____ Zip _____

Phone: (_____) _____

E-mail _____

Age: race day (May 18, 2013) _____

5K Run 5K Walk 5K Wheelchair

Childrens' 1Mile Fun-Run (12 & under only)

Sex: M F Shirt Size: S M L XL

(Shirt size guaranteed if entry form is received by April 5, 2013)

Team Name _____

(Information necessary for team or corporate awards)

Sign waiver below; enclose your \$20.00 check for pre-registration or \$25.00 on Race Day.

Fun Run only: \$15.00 with shirt or \$10 without shirt

. Make checks payable to Danville Running and Fitness Club.

Mail checks and entry form to: **Beverly Shelton; Danville Running & Fitness Club; 320 First Court; Danville, Virginia 24541;**

(More entry forms available at YMCA.)

For on-line registration go to

Danville Running & Fitness Club Site at: www.danvillerunner.org

WAIVER

In consideration of the acceptance of my entry, my executors, administrators, and assignees, I do hereby release and discharge Nestle, sponsors, and Danville Running and Fitness Club, their officials and members of all claims and damages, demands and actions whatsoever in any manner arising or growing out of my participating in the 5K Run / 5K Walk / 5K Wheelchair / Fun-Run on May 18, 2013. I verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in the event ..

Signature _____ Date _____

Parent's Signature (if entrant is under 18)



ENTRIES

- Pre-registration: \$20.00. Mail to Beverly Shelton; 320 First Court; Danville, VA 24541
- Race Day: \$25.00
- Fun Run only: \$15.00 with shirt; \$10.00 without shirt
- *No Entry Fee for Wheel Chair Participants*

ENTRY FORM MAY BE DUPLICATED

STARTING TIMES

- 8:30 am Childrens' Fun-Run, at finish line
- 9:00 am SHARP at intersection of Park Ave. & West Main St

REGISTRATION / PICK-UP

- Fri., May 17; 6:00 p.m. - 7:30 p.m.
at **The Brick Running & Tri Store 410 Main St. Danville, VA**
- Sat., May 18, 7:30 am-8:45 am. Finish Line in Ballou Park.

TROPHIES AND AWARDS

RUNNERS -- AGE GROUPS

- 1st 3 Overall Finishers (M & F); 1st Overall Masters (M & F)
- 1st 3 finishers in the following age groups: **Female:** 0-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & up; **Males:** as above except 1st 2 finishers: 60-64.; 65-69, 70 & up;

WALKERS -- AGE GROUPS

- 1st overall Male & Female finishers
- 1st M: 0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & up
- 1st 3 F: 20-29, 30-39, 40-49, 50-59; 1st F: 0-19, 60 & up

OTHER AWARDS

- NESTLE 1st 3 employees, male & female, in the run and walk
- WHEELCHAIR 1st 3 places male; 1st place female finisher.
- TEAM AWARD to the 1st place team based on top 3 finishers.

CHILDREN'S FUN-RUN

(1-MILE RUN FOR CHILDREN 12 & UNDER)

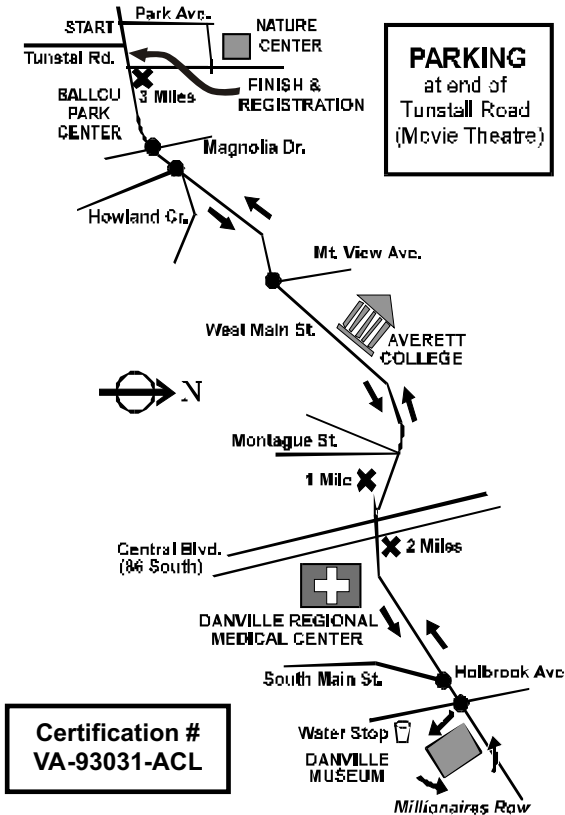
- 1st-5th place (Males & Females); Ribbons for all finishers

INFORMATION

Race Director	434-822-8417 - Caz Dalton
Or e-mail to:	cazmodel@comcast.net
Race Day Coordinator	434-799-5252 - Lee Eagle
Volunteers/Special Olympics	434-799-5252 - Amanda Pickler
Volunteers/Special Populations	434-799-5199 - Charlene Presley
Volunteers/Water stops	434-251-1642 - Tom Dalton
Course Coordinator	434-822-8417 - Caz Dalton
1 Mile Fun-Run	434-799-5252 - Lee Eagle
Results	Danville Running & Fitness Club
Publicity	434-263-0275 - Karen Johnston
Registration	Sherry Smith
	434-822-8417 - Caz Dalton
Refreshments	434-489-5772 - Beverly Shelton
Entry form distribution	434-250-4994 - Wendy Herman

Nestlé Activity Coordinator 434-822-2000 - Penny Purnell
(Registration/publicity/awards)

COURSE MAP



**Certification #
VA-93031-ACL**

DIRECTIONS

DURHAM/RALEIGH - 86 N to Danville, take the 293-West Main St. Exit, turn right on West Main St., go 1 mile to Ballou Park on right.

GREENSBORO - follow 29 N to Danville's 29 N Business (West Main St. Exit); go 2.3 miles, bear right on 293 (still W. Main St; by Exxon Station), go 1 mile to Ballou Park on left.

RICHMOND/SOUTH BOSTON - follow 58 W to Danville, take 29-86 S (Greensboro exit), to Danville's 29 Business exit & follow 86 S, for 1/2 mile to the 293 (West Main St.) exit; bear right onto West Main St., go 1 mile to Ballou Park on right.

MARTINSVILLE/ROANOKE - take 58 E to Danville, exit onto 86 S. Follow 86 S, for 1/2 mile to the 293 (West Main St.) exit; bear right onto West Main St., go 1 mile to Ballou Park on right.

LYNCHBURG -take 29 S into Danville. Bear right off 29 onto "South Business 29" (Piney Forest Rd); go until you cross river. Continue straight on 86 S for 1/2 mile to the 293 (West Main St.). Exit, turning right onto West Main St. Go 1 mile to Ballou Park on right.

OUR SPONSOR



Nestlé

of Airside Industrial Park
Danville, Virginia

CONTRIBUTING SPONSORS



Danville Regional
MEDICAL CENTER

PROCEEDS

SPECIAL POPULATIONS
& SPECIAL OLYMPICS

MAY 18, 2013



RICHARD LONG MEMORIAL RUN DANVILLE, VIRGINIA

5K Run / 5K Walk / 5K Wheelchair
(3.1 Miles)
and Childrens' 1 Mile Fun-Run

Through Milliamars Row



TROPHIES

To winners in each age-group

T-SHIRTS: To First 250 entrants

Size guaranteed if registered by April 8

Proceeds for
SPECIAL POPULATIONS
AND SPECIAL OLYMPICS

Presorted
Standard
U.S. Postage
Paid
Danville, VA
Permit No. 20

Danville Running & Fitness Club
320 First Court
Danville, VA 24541