

# REGISTRATION FORM



# Nestlé 5k

## RICHARD LONG MEMORIAL RUN

### May 15, 2010

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

Please print:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_

Age: race day (May 15, 2010) \_\_\_\_\_

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 8, 2006)

Team Name \_\_\_\_\_

(Information necessary for team or corporate awards)

Sign waiver below; enclose your \$15.00 check for pre-registration or \$17.00 on Race Day.

Fun Run only: \$12.00 with shirt or \$8 without shirt

Make checks payable to Danville Running and Fitness Club.

Mail checks and entry form to:

**KATHY DOYLE; Danville Running and Fitness Club  
350 Hermitage Drive; Danville, Virginia 24541**

(More entry forms available at YMCA.)

For complete Race Results by Gary Uitto, go to:

Danville Running & Fitness Club Site on: <http://www.gamewood.net>

### WAIVER

In consideration of the acceptance of my entry, my executors, administrators, and assignees, I do hereby release and discharge Nestlé, 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 15, 2010. 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)



# 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 14; 6:00 p.m. - 8:00 p.m.  
at the Danville YMCA 810 Main Street
- Sat., May 15, 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)

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

## CASH AWARDS

- 1st PLACE RUN - \$25.00 each (Male and Female)
- 1st MASTERS (40 over) - \$25.00 each (Male and Female)  
sponsored by Danville Yoga & Meditation Center
- No duplication of overall and age group awards.

# INFORMATION

## Race Director

Lewis and Mary Dumont 434-792-2215,

## Co-Director/Hot Line

L.C. Or Bernice Moore 434-793-3409

Or e-mail to: [llsimo@juno.com](mailto:llsimo@juno.com)

Race Day Coordinator 434-822-8417, Cas Dalton

Volunteers/ Special Olympics 434-793-8974, Dick Pretty

Volunteers/ Special Populs. 434-793-5223, Gail Davis

Volunteers/ Water stops 434-822-2909, Jay Shelton

Finish Line; runners 434-793-8974, Dick Pretty

Course Coordinator 434-822-8417, Caz Dalton

1 Mile Fun-Run 434-799-5865, Jim Thomas

Results Danville Running & Fitness Club

Publicity 434-799-5199, Charlene Presley

Registration Kathy Doyle

Refreshments 434-822-2909, Beverly Shelton

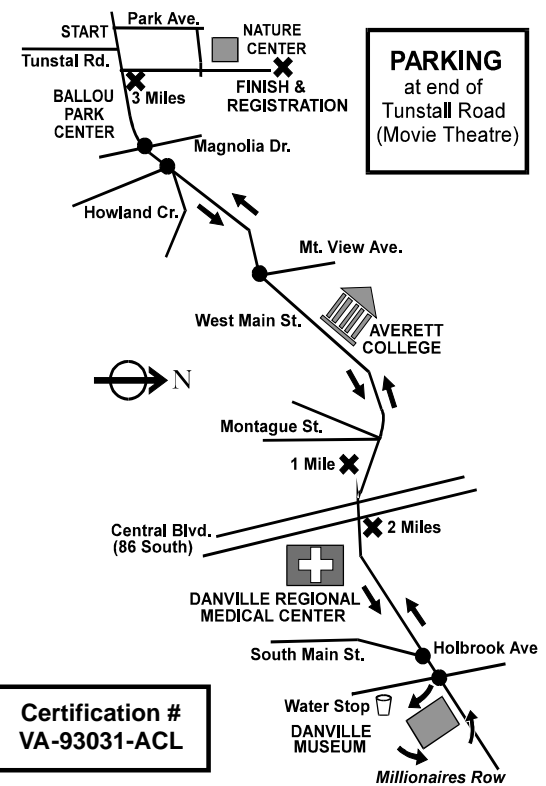
Entry Form Distribution 434-793-3409, L. C. Moore

Teams Coordinator 434-791-3395, Jimmy Mann

## Nestlé Activity Coordinato

(registration/ publicity/ awards) 434-822-4000, Cathy Briggs

# COURSE MAP



# 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

## MAY 20, 2010



### 20th ANNUAL

# Nestlé 5K

## RICHARD LONG MEMORIAL RUN DANVILLE, VIRGINIA

*5K Run / 5K Walk / 5K Wheelchair  
(3.1 Miles)*

*and Childrens' 1 Mile Fun-Run*

*"Through Millionaires' Row"*

### TROPHIES

*To winners in each age-group*

T-SHIRTS: *To First 250 entrants*



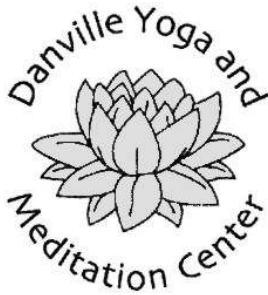
Proceeds for  
**SPECIAL POPULATIONS  
AND SPECIAL OLYMPICS**

Danville Running & Fitness Club  
350 Hermitage Drive  
Danville, VA 24541  
RETURN SERVICE REQUESTED

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

## CONTRIBUTING SPONSORS

# DANVILLE Running & Fitness Club



## Southwyck Laser Wash

## PROCEEDS

**SPECIAL POPULATIONS  
& SPECIAL OLYMPICS**