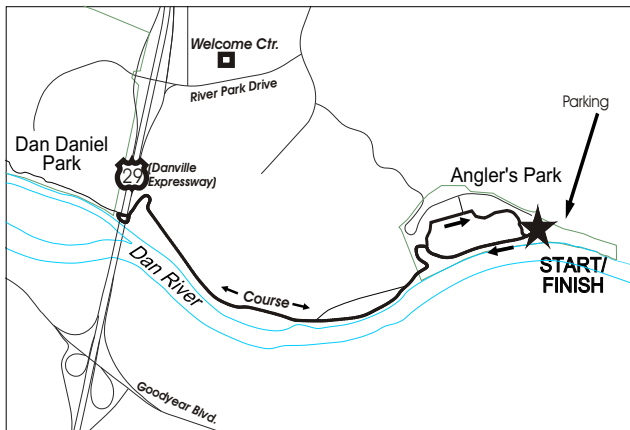


Course Map



Directions to Anglers Park

From Raleigh/Durham, NC: Follow 86N to the 29N Expwy. Take the exit and follow 29N to the Dan Daniel Memorial Park exit that will be on the right. Follow the small brown (Public Boat Ramp/Anglers Park) signs.

From Greensboro, NC: Follow 29N Expressway to the Dan Daniel Memorial Park exit on the right. Follow the small brown (Public Boat Ramp/Anglers Park) signs.

From Martinsville, VA: Follow 58E to 58/29 bypass (Greensboro/Lynchburg). Continue on 29 bypass N to the Dan Daniel Memorial Park exit and follow the small brown (Public Boat Ramp/Anglers Park) signs.

From South Boston, VA: Follow 58W to the 29 Expwy S (Greensboro exit). Take 29 Expwy to the Dan Daniel Memorial Park exit and follow the small brown (Public Boat Ramp/Anglers Park) signs.

From Lynchburg, VA: Follow 29S to the 29 S Expressway to the Dan Daniel Memorial Park exit on the right. Follow the small brown (Public Boat Ramp/Anglers Park) signs.

Information

REGISTRATION PROCEDURES: Pre-registration fee is **\$18.00** (no refunds). The **race day** fee is **\$20.00**. Make checks payable to **Danville Running & Fitness Club, 320 First Court, Danville, VA 24541**. Your cancelled check is your receipt. There will be race day registration from 7:30 a.m. - 8:45 a.m. At Angler's Park. This registration form may be machine copied. We reserve the right to reject any entry.

FUN RUN REGISTRATION FEE: (for Children 12 and under only) \$8.00, shirt not included. Children's sizes will be available for additional \$7.00 if registered by 8/25/10. Please specify size required.

RACE PACKETS: Include T-shirts for first 200 entrants.

PACKET PICK-UP: Late registration and early packet pickup is Sept 10 from 5:00-8:00 p.m. Danville Toyota, 125 Piedmont Place, Danville, VA 24541.

COURSE: Flat and fast, paved park trail, split times at 1 and 2 miles.

LIQUIDS: Available at start/finish and turn-around.

REFRESHMENTS: Fresh fruit from Dan Valley Foods; drinks from Pepsi.

AWARDS:

5-K RUN - Trophies to first 3 male and female overall, and to first three in each age group; trophies to first male & female master. AGE GROUPS: 0-14, every 5 years up to 69, 70 and over.

5-K WALK - Trophies to first 3 male & female overall. AGE GROUPS (male & female, first 3 in each group) 0-19, every 10 years up to 69, 70 and over.

FUN RUN - First 3 overall male & female finishers and ribbons to all participants.

HIGH SCHOOL TEAM COMPETITION: All teams, male & female, will have seven members (four minimum). The teams with the best overall finish will receive plaques.

CORPORATE TEAM: First Overall Finish, male or female. All teams will have seven members (four minimum). The team with the best overall finish will receive a plaque.

FOR MORE INFORMATION: Visit our web site:

www.danvillerunner.org
Or call **(434) 793-3409 or (434) 822-2909**

Official Entry Form

River City Run - 2011

(Please fill out completely)

Last Name First Name M.I.

Street Address

City

State

ZIP

E-Mail address

Phone

Age (as of 9-10-2011)

Sex M F;

Place of Employment

Shirt Size: S M L XL

Event: 5-K Run 5-K Walk 1-K Fun Run

**Entry Fee of \$18.00 enclosed
(\$20.00 on race day)**

Fun Run (no shirt): \$8.00, (\$10.00 race day)

Make checks payable to:

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

Sanctioned by USA Track & Field

**For more information, call:
(434) 793-3409 or (434) 822-2909**

WAIVER: (Must be signed)

In acceptance of this entry, I waive and release the sponsors, organizers and representatives of the River City 5-K from any and all claims resulting in illness or injury suffered by me as a result of this event. I also release the use of my name or any record of my participation in this event for promotional or publicity purposes without obligation to me.

Signature

Date

Parent signature (if under 18 years old)