



# 10K Hill Run & 5K Walk



A race to benefit the Neighborhood Resource Center presented by Rocketts Landing

## Saturday, October 16, 2010

- Race Time: 9:30am
- Location: 1519 Williamsburg Rd, Richmond, VA 23231
- Course: Measured to USATF standards by Richmond Road Runners Club; starts/ends at the NRC.
- Amenities: Free T-shirts, food and refreshments
- Awards: Top fundraisers, plus top 3 men and women in 10K
- Entry Fee: 5K – \$25. 10K – \$35 (discount \$5 before 9/15). Make checks payable to "Neighborhood Resource Center."
- Mail entry: NRC, Attn: Annette Cousins, 1519 Williamsburg Rd, Richmond, VA 23231.
- Register online: <http://www.runtotheriver.org>
- Contact: (804) 864-5797 or [info@runtotheriver.org](mailto:info@runtotheriver.org)
- Fundraisers: All proceeds benefit the Neighborhood Resource Center (NRC), a nonprofit community center that provides after-school programs and quality resources for youth and their families in the East End.
- Important: No race day registration. Strollers are okay for the 5K walk, but not allowed on the 10K run.

### Run to the River Entry Form

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Age (day of race): \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ Circle one: Male Female

Primary Phone: \_\_\_\_\_ T-shirt size: S M L XL XXL

Event:  10K Hill Run  5K Walk

Entry type:  Youth (under 18)  Adult  Sponsor. I want to support the NRC, but cannot participate in the event. Enclosed is my tax-deductible gift of \$\_\_\_\_\_.

"Fundrunners":  I'm interested! Help me set up an online fundraising web page (it's easy!).  
 Please send me a donation envelope in which to collect pledges.

**WAIVER:** By signing this agreement, I hereby for myself, my heirs and administrators assume any and all risks which might be associated with the walk/run. I waive and release any and all rights and claims for damages which I may have against the organizers and all others connected with this event, their representatives, successors and assigns for any and all injuries or damages of any kind whatsoever suffered by me as a result of taking part in the walk/run and any related activities.  
**PHOTO RELEASE:** I permit the NRC to use my name/likeness in any film, videotape, brochure, newspaper or other promotions of NRC events.

\_\_\_\_\_  
Signature (Parent's signature if under 18)

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date