

DATE & TIME:

8am, Sunday, Sept. 12, 2010

PLACE:

Start & finish at RunnerBill's Sports,
13569 Midlothian Turnpike,
Midlothian, VA 23113

EVENT:

9-Kilometer run on roads and trails with some hills starting and finishing at RunnerBill's Sports. Awards for top 3 Overall Male and Female plus Age Groups. Top Male and Female Masters will also receive awards. There will be lots of random prizes in addition. If there is a disaster (natural or otherwise), the event will be cancelled not rescheduled for this year. There will also be a FREE kids fun run for ages 10 and under (shirts are not provided for this) immediately following the 9K Run.

ENTRY FEE:

\$15 for early registration postmarked by August 31, 2010. Checks should be made payable to RAL. Race shirts guaranteed to all early registered participants. Late and race-day entry-fee is \$25. Additional contributions to the RAL are welcome. All fees and contributions are not refundable for any reason.

REGISTRATION:

Pre register by mail to Richmond Animal League, 11401 International Drive, Richmond, VA 23236. Online registration is available at www.active.com until September 9. You may also register in person on September 11 at RunnerBill's Sports during packet pickup between 10am - 4pm. RACE DAY at RunnerBill's Sports from 7- 7:45 am

RACE INFORMATION:

Bill Lis 804-378-8080
runnerbill@verizon.net



13569 Midlothian Turnpike

804-378-8080

www.runnerbill.com



(K)-9K and Kids Fun Run

to benefit:



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Start and finish at

RunnerBill's Sports

13569 Midlothian Turnpike
Midlothian, VA 23113



I know that running a road 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 in this event, including but not limited to, falls, contact with other participants, the effects of weather, including high heat or humidity, traffic, and the conditions of the roads, 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 Runner Bill's, Inc., the race volunteers and all other sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event. EACH PERSON ENTERING MUST COMPLETE THE FOLLOWING.

Date

Age on race day

Signature (parents if minor)

[] Female [] Male

T-shirt size: S() M() L() XL()

Last Name

First Name

Address (Street, City, State, Zip)

Phone

Email Address

FREE KID'S FUN RUN PARTICIPANTS MUST COMPLETE AN APPLICATION FOR EACH CHILD AND INCLUDE A PARENT'S OR GUARDIAN'S SIGNATURE.