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**NEW THIS YEAR:
10-K RUN!**

**4th Annual
BRIDGE to BRIDGE 5K & 10K**



10-K Run
5-K Run/Walk
&
1-Mile Fun Run

*On Danville's Scenic
River Walk Trail
and River City District*

April 13, 2013

9:00 a.m. – 1-Mile Fun Run
9:30 a.m. – 5-K Run/Walk
9:30 a.m. – 10-K Run

Rain or Shine



Proceeds will be
used to support
the efforts of the

Danville Cancer Association

Our Sponsors

Corporate Sponsor



Danville Regional
MEDICAL CENTER

Sponsors

**Danville Parks, Recreation & Tourism
Danville Running & Fitness Club**

About Danville Cancer Assn.

Danville Cancer Assn. is a local, United Way organization that provides patient aid to cancer patients in our community. DCA also offers educational programs, literature, and sponsors a monthly support group.



Services provided in 2012

Service	# Units	Cost
Prescriptions	2387	\$ 55,208.14
Travel cks, written	423	\$ 39,944.29
Supplies/Diagnostics		\$ 8,818.35
Wigs provided	15	\$ 948.29
Total Services:		\$ 104,919.07

Number of Clients Served in 2012 429

For more information about DCA, call or write:
Bernice Gammon; Danville Cancer Assn.
2323 Riverside Drive; Suite J
Danville, VA 24540; Phone: (434) 791-3227
E-mail: danvillecancer@gamewood.net

DONATIONS: All donations or sponsorships are tax deductible as allowed by IRS regulations and you will receive a tax receipt letter from the DCA for your records. Consult with your tax professional for further clarification.

Danville Cancer Association

2323 Riverside Drive
Danville, VA 24540

Course Map



Course:
On the scenic River Walk Trail
and the River City District

Bridge to Bridge

- Course Map
- 5K Run
- 10K Run
- 5K Walk

Information

REGISTRATION PROCEDURES: Entry fee is \$25.00 (no refunds). Your cancelled check is your receipt. There will be race day registration and packet pick-up from 7:00 a.m. - 8:45 a.m. at the Community Market. This registration form may be machine copied. We reserve the right to reject any entry.

1-MILE FUN RUN REGISTRATION: \$12.00 (for Children 10 and under only)

ON-LINE REGISTRATION: (closes Sat. April 6, 2013)
<http://www.danvillerrunner.org/>

RESULTS: Chip timing brought to you by The Brick Timing Services. Results will be online at danvillerrunner.org.

WALKERS: Please NOTE: Walkers should plan to **WALK ONLY**. If you wish to combine walking and jogging, then you should register for the 5-K RUN. If you register for the 5-K WALK, you should not run at all or you may be disqualified and not be eligible for a trophy.

RACE PACKETS: T-shirts to first 250 registrants (registered prior to March 1, 2013).

PACKET PICK-UP: Late registration and early packet pickup will be available Friday April 12 from 5:00 pm to 7:00 pm at Danville Y.M.C.A.

LIQUIDS: At start/finish and turn-arounds.

PETS: For their safety and ours, we ask that you refrain from bringing your animals onto the race course.

AWARDS:

TEAMS - First overall finish, male or female. All teams will have a minimum of 4 participants. Team awards will be offered for 5-K Walk; 5-K Run, and 10-K.

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

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

10-K RUN - First male & female overall. AGE GROUPS (male & female, first 3 in each age group) 0-19; every 10 years up to 69, 70 & over.

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

MORE RACE INFORMATION: Call (434) 793-3409 or (434) 203-0275.

Official Entry Form

Bridge-to-Bridge 5-K & 10-K

April 13, 2013 - Rain or Shine
(Please fill out completely. Print clearly)

Last Name _____ First Name _____ M.I. _____

Street Address _____

City _____

State _____ ZIP _____

E-Mail address _____

Phone (please include area code) _____ Age (as of 4-7-2013) _____

Sex M F; _____
Place of Employment _____

Event: 5-K Run 5-K Walk 10-K Run Fun Run
 Team Name: _____

Shirt Size: S M L XL
Are you a cancer survivor? (Optional)

5-K & 10-K: \$25.00
Fun Run: \$12.00

Note: Entry fee is NOT tax deductible.

Make checks payable to Danville Running & Fitness Club

Mail check & entry form to Danville Cancer Assn;
2323 Riverside Drive; Suite J; Danville, VA 24541
For more information, call: (434) 791-3227

WAIVER: (Must be signed)

In acceptance of this entry, I waive and release the sponsors, organizers and representatives of the Bridge to Bridge event 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 _____

Directions:

From Durham/Raleigh, NC - follow 86N to second stop light inside city limits, turn right, Industrial Ave. becomes Craghead St., continue on to Southern Railway Depot.

From Greensboro, NC - follow Business 29N to Memorial Dr., which becomes Craghead St.; follow to Southern Railway Depot.

From Richmond/South Boston, VA - follow 58W into Danville. Turn left at stop light at Main St. Bridge; at next stoplight take left at Lou's Antique Mall, continue on Craghead to Southern Railway Depot.

From Martinsville, VA - follow 58E (Riverside Dr.) to 29S-86S Exit ramp (next right after Danville Plaza Shopping Center), take Business District Exit to Memorial Dr.; cross Main St., continue straight on Craghead St. to Southern Railway Depot.

From Lynchburg, VA - follow 29S into Danville, continue on Piney Forest Road for 6 miles; take Business District Exit to Memorial Dr.; cross Main St., continue straight on Craghead St. to Southern Railway Depot.