

REGISTRATION FORM



Nestlé 5k

RICHARD LONG MEMORIAL RUN

May 19, 2012

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

Please print:

Name _____

Address _____

City _____ State _____ Zip _____

Phone: (_____) _____

E-mail _____

Age: race day (May 19, 2012) _____

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, 2011)

Team Name _____

(Information necessary for team or corporate awards)

Sign waiver below; enclose your \$18.00 check for pre-registration or \$20.00 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: **Mary Dumont; Danville Running And Fitness Club, 249 West Main St.; Danville, Virginia 24541;**

(More entry forms available at YMCA.)

For on-line registration and

For complete Race Results by Gary Uitto, go to:

Danville Running & Fitness Club Site at: www.danvillerrunner.org

WAIVER

In consideration of the acceptance of my entry, my executors, administrators, and assignees, I do hereby release and discharge Nestle, 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 19, 2012. 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)



ENTRIES

- Pre-registration: \$18.00. Mail to Mary Dumont.
- Race Day: \$20.00
- Fun Run only: \$12.00 with shirt; \$8.00 without shirt

No Entry Fee for Wheel Chair Participants

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 18; 6:00 p.m. - 8:00 p.m.
at the **Ballou Park Finish Line**
- Sat., May 19, 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)

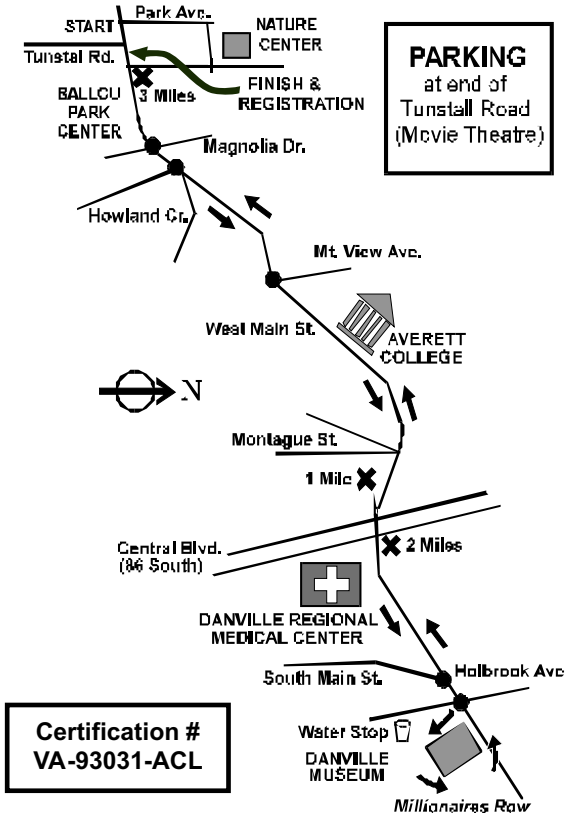
- 1st-5th place (Males & Females); Ribbons for all finishers

No duplication of overall and age group awards.

INFORMATION

Race Director	434-548-9862, Lewis and Mary Dumont
Or e-mail to:	LewisDumont@comcast.net
Race Day Coordinator	434-822-8417, Cas Dalton
Volunteers/ Special Olympics	434-836-3272, Amanda Pickler
Volunteers/ Special Populs.	434-799-5199, Charlene Presley
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 and 434-799-5252, Lee Eagle
Results	Danville Running & Fitness Club
Publicity	434-203-0275, Karen Johnston
Registration	434-489-9862, Mary Dumont
Refreshments	434-822-2909, Beverly Shelton
Entry Form Distribution	434-250-4994, Wendy Hermann
Teams Coordinator	434-770-2735, Kevin Uitto
Nestlé Activity Coordinator	434-822-4000, Cathy Briggs
(registration/ publicity/ awards)	

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 19, 2012

22nd. ANNUAL



Nestlé 5K

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

RICHARD LONG MEMORIAL RUN DANVILLE, VIRGINIA

CONTRIBUTING SPONSORS

DANVILLE Running & Fitness Club



Southwyck Laser Wash

Danville Regional

MEDICAL CENTER

PROCEEDS

SPECIAL POPULATIONS
& SPECIAL OLYMPICS

5K Run / 5K Walk / 5K Wheelchair
(3.1 Miles)
and Childrens' 1 Mile Fun-Run

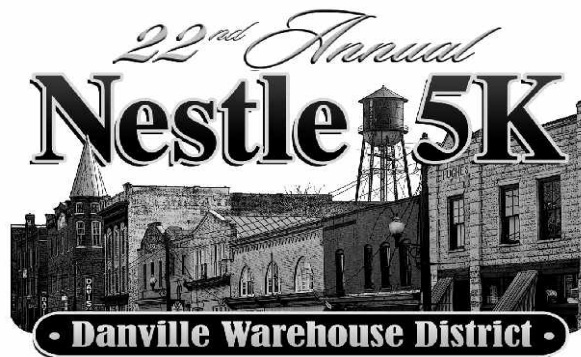
"Through Millionaires' Row"

TROPHIES

To winners in each age-group

T-SHIRTS: To First 250 entrants

Size guaranteed if registered by April 8



Proceeds for
SPECIAL POPULATIONS
AND SPECIAL OLYMPICS

Danville Running & Fitness Club
249 West Main Street
Danville, VA 24541

