

County of Henrico
Division of Recreation and Parks
21st Annual Henrico 5K Run
April 3, 2010
9:00 a.m.

LOCATION: Shoppes at Innsbrook on Dominion Boulevard. The race will start and finish on the Innsbrook Corporate Center 5K Course. Free parking and restroom facilities available on site.

COURSE: Fast, accurate, out and back keyhole 5K (3.1 miles). Splits given every mile and water at the halfway point. Visual display timer and chronomix timer at finish.

ENTRY FEE: Pre-register \$10/ Race Day \$15

Pre-register January 25 through April 1. Race Day registration will be held from 7:30-8:45 a.m. Fee includes a printed T-shirt to the first 200 registrants. Size cannot be guaranteed.

AGE GROUPS:

10 & under	30-34	55-59
11-14	35-39	60-64
15-19	40-44	65-69
20-24	45-49	70 & over
25-29	50-54	

AWARDS:

- 1st, 2nd, and 3rd male overall
- 1st, 2nd, and 3rd female overall
- 1st, 2nd, and 3rd in each age division

An awards presentation will be held on site following the race. A random merchandise drawing will also follow. Participants must be present to win.



The County of Henrico Division of Recreation and Parks wishes to thank the Richmond Road Runners Club and the Innsbrook Owners Association for their assistance with this event.



Proud of our progress;
excited about our future.

County of Henrico
Division of Recreation and Parks

21st Annual

Henrico 5K Run



**Saturday,
April 3, 2010
9:00 a.m.**

Innsbrook Corporate Center
5K Course

Henrico 5K Run

A separate form must be completed for each individual.

PROGRAM NUMBER 1AE.074902 April 3, 2010

PARTICIPANT NAME _____

Circle one: Male/Female Date of Birth _____

Age as of April 3, 2010 _____

T-shirt Size: Small Medium Large X-Large

Henrico Resident Non-resident of Henrico

PAYER NAME _____

Address _____

City _____ State _____ Zip Code _____

E-mail _____

Home Phone _____ Work Phone _____

TOTAL PAID \$ _____ Check/Money Order # _____

MasterCard or Visa Debit Card (In person pre-registration only)

*Discover Card Number _____

Exp. Date _____

Name shown on card _____


Signature _____

*A transaction fee is charged on all Discover Card purchases. Transaction fee schedule: \$.01-100: \$1 / \$100.01-200: \$2 / \$200.01-500: \$4 / \$500.01-1000: \$8 / \$1000.01 +: \$15

Assumption of Liability: I understand that this program carries the possibility of physical injury and may involve physical activity that may be strenuous and that there are risks inherent in this recreational activity. I further understand that Henrico County and it's officers and agents are not liable for any injuries that may result from the negligence of persons conducting this recreational program. Henrico County recommends that participants secure adequate medical insurance to cover any injuries that may arise from participation in Henrico County recreational programs. **Signature of Each Participant or Parent/Guardian of each Minor Participant Required.**

Signature _____ Date _____

Photographs: Division staff may be taking photos for publicity or departmental purposes. If you **DO NOT WANT PICTURES TAKEN** of you or your child, please initial here: _____

 If the participant requires one of the following, check the appropriate box(es) AND call 501-5112 or TDD 501-4198 by March 26. Special accommodations due to a disability. Medication required during program (under age 18).

REGISTRATION INFORMATION

Pre-register \$10/ Race Day \$15

Entry fee must be submitted with the completed registration form. Make all checks payable to County of Henrico.

There are four easy ways to register:

IN PERSON PRE-REGISTRATION:

Recreation & Parks Administrative Offices
(Human Services Building, 8600 Dixon Powers Dr.)
Belmont Recreation Center (1600 Hilliard Rd.)
Confederate Hills Recreation Center (302 Lee Ave.)
Deep Run Recreation Center (9910 Ridgefield Pkwy.)
Dorey Recreation Center (7200 Dorey Park Dr.)

MAIL PRE-REGISTRATION:

Henrico 5K Run
Henrico Division of Recreation and Parks
P. O. Box 90775
Henrico, VA 23273-0775

FAX PRE-REGISTRATION:

Discover Card only. Fax to: 501-5284

RACE DAY REGISTRATION:

Cash, Check, or Money Order. 7:30-8:45 a.m.

Registration and check-in for runners will be from 7:30-8:45 a.m. at the Shoppes at Innsbrook off of Dominion Boulevard.

Applications are also available on the Web!

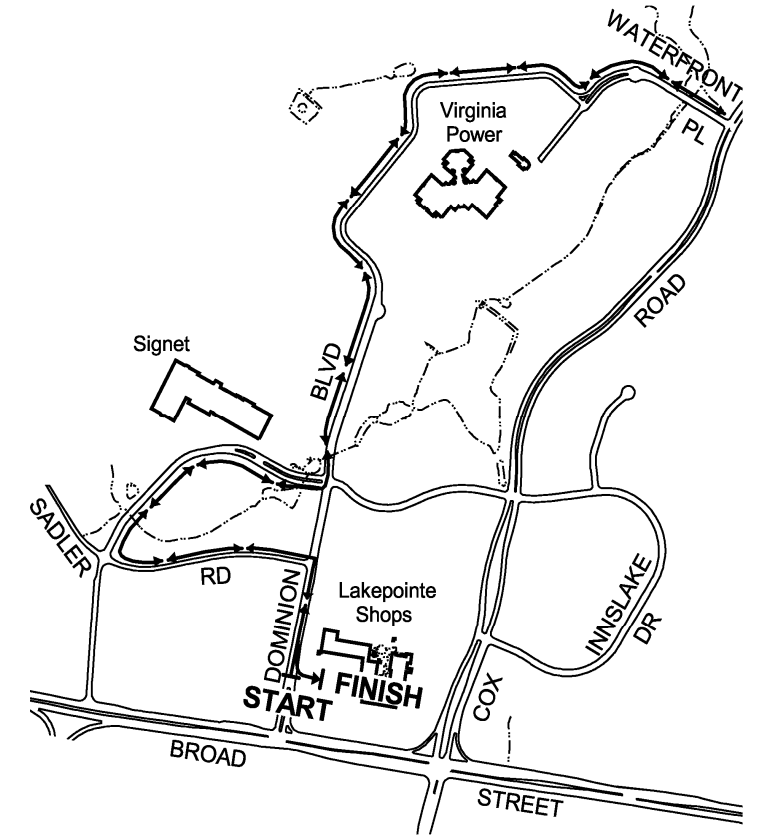
www.co.henrico.va.us/rec

For more information,
call Jeannie Murray at 501-5121.

**Strollers, Roller Blades, and Pets
PROHIBITED!**

County of Henrico
Division of Recreation and Parks

Henrico 5K Run Innsbrook Corporate Center Course



Directions to Innsbrook Corporate Center

From I-64, take exit 178. Proceed east on Broad Street. After one-half mile, take a left onto Dominion Boulevard. Make an immediate right into the shopping center.