



County of Henrico Division of Recreation and Parks



23rd Annual

Henrico 5K Run/Walk

Saturday, April 7, 9:00 a.m. ~ Innsbrook Corporate Center 5K Course

For more information, call Rachel Moore at 501-5134.

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 21-April 4. Race Day registration will be held from 7:30-8:45 a.m. Fee includes a T-shirt for the first 200 registrants. Size can't be guaranteed.

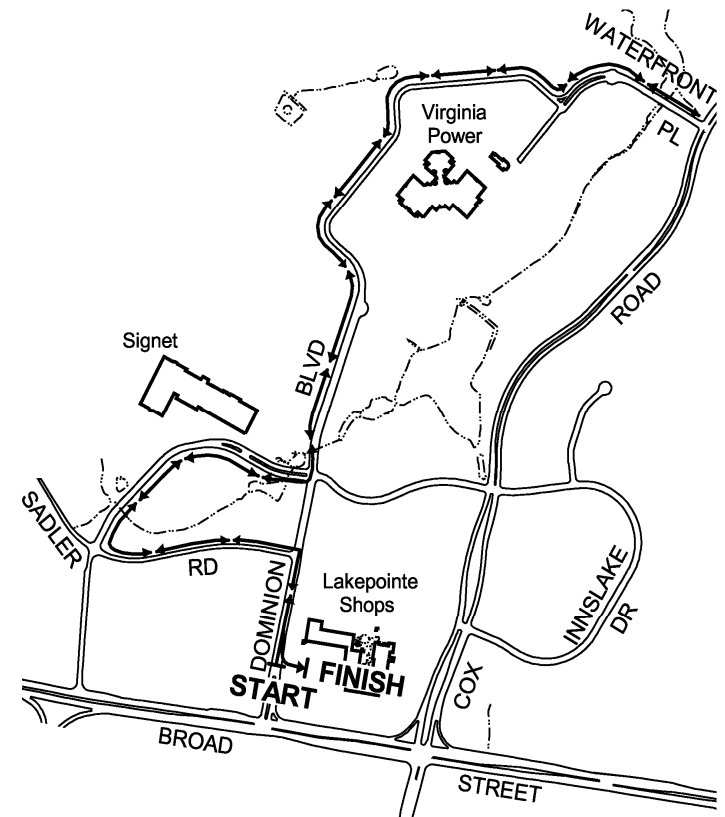
RUNNERS - AGE GROUPS:

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

RUNNERS - AWARDS:

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

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



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.

Strollers, Roller Blades, and Pets PROHIBITED!

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.)
The Armour House & Gardens (4001 Clarendon Rd.)
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.)
Eastern Henrico Recreation Center (1440 N. Laburnum Ave.)
Hidden Creek Recreation Center (2418 Brockway Ln.)
Twin Hickory Recreation Center (5011 Twin Hickory Rd.)
Walkerton Tavern (2892 Mountain Rd.)

MAIL PRE-REGISTRATION:

Henrico 5K Run
Henrico Division of Recreation and Parks
PO 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.



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

Henrico 5K Run/Walk

A separate form must be completed for each individual.

PROGRAM NUMBER 1AE.074902 **April 7, 2012**

PARTICIPANT NAME _____

Check one: Male / Female Check one: Runner / Walker

Date of Birth: _____ Age as of April 7, 2012: _____

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 may involve strenuous physical activity and that risk of physical injury is inherent in this recreational activity. In consideration for participating in this program and recreational activity, I agree to assume the full risk of any injuries, including death, damage, or loss. I further understand that Henrico County, its officers, agents, and employees are not liable for any injuries that may result from the negligence of persons conducting this recreational program. I understand that this agreement constitutes an assumption of risk and release for any injury, including death, damages, or loss. The terms hereof shall serve as a release and assumption of risk for my heirs, executors and administrators. Henrico County recommends that participants secure adequate medical insurance to cover any injuries that may arise from their activities. I have read this agreement and agree to the conditions stated above. **If participant is under 18 years of age, parent or legal guardian must sign this release.**

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 sign here: _____



If the participant requires one of the following, check the appropriate box(es) AND call 501-5135 by March 23.
 Special accommodations due to a disability.
 Medication required during program (under age 18).