Run With Grace
runwithgrace.com
5K and Mile Fun Run/Walk
Saturday, June 11, 2011

Time: **5K Race** starts at 8:30 a.m. (Women) and 9:15 a.m. (Men) **1-Mile Fun Run/Walk** starts at 10:00 a.m.
Race Day Registration & Package Pick-Up from 7:30 – 8:15 a.m.

Place: Patrick Henry High School Track (PH XC Home Course- primarily wooded trails, hilly and challenging- no pets allowed)

Entry Fees: Early Registration (Postmarked by May 28th)
5K- $20 (Students- $15) Fun Run/Walk - $15
Packet Pick-up Friday, June 10th at Fleet Feet Sports from 10:00 a.m. – 7:00 p.m.
Late and Same-Day Registration: 5K- $25 Fun Run/Walk - $20

Proceeds from this race will be used to fund the Grace Lovegrove Scholarship and to support the PHHS Cross Country & Track teams. The scholarship honors Grace Lovegrove, a PH graduate who died in January 2005 while on a training run at her college, Christopher Newport University.

Awards: Age Division Awards to Top 3 Male/Female Runners (Ribbons will be given to Fun Run/Walk participants)

10 & Under	11-13	14-17	18-22	23-29	30-34	35-39
40-44	45-49	50-54	55-59	60-64	65-69	70 & over

Entry Form

Name: _____ Sex: ___ Race Day Age:_____

Address: _____Email: _____

City:_____State:_____ Zip:_____ Phone:_____

T-shirt Size (Circle One): S M L XL **Event** (Circle One): 5K Mile Fun Run/Walk

Team Challenge Open Event: You may form a team of 5 runners from any age group and gender. Four runners will be scored based on their finish in their age group. The team with the lowest total will win. The winning team will receive a gift certificate to a restaurant in the Roanoke Valley for all 5 members.
Team Challenge Middle School Division: Teams will need to have 3 members (at least 1 girl per team). The team with lowest time total for all 3 members will win. The winning team will receive a trophy to be displayed at their school and each member will receive a first place medal.
Team event questions need to be sent to Chad Cox at chcox@vt.edu. Team event runners will not be knocked out of individual awards. **Each team member MUST send in a complete entry form**.

I wish to help sponsor this event with a tax-deductible donation of_____
Sponsorship of individual runners encouraged! Download a sponsor form at runwithgrace.com or pick one up at Fleet Feet!

Make check payable to: PHABA

Amount Enclosed:_____

Send to: Cindy Mohr
1325 Ivy Street, SE
Roanoke, VA 24014

Application Must Be Signed

I know that running a race is a potentially hazardous activity. I should not run unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the race. I do hereby for myself, my heirs, executors, administrators and assignees, release and forever discharge the sponsors and all those involved and manning this event from all claims of any kind arising as a result of my participation in this race.

Signature:_____ Date:_____
If under 18, Parent or Legal
Guardian must co-sign: _____ Date:_____

NEW THIS YEAR!!! Run With Grace is part of the inaugural Roanoke Valley X-Country Race Series.
Contact Tommy Maguire at tmaguire@rcs.k12.va.us for more information