

YOUNGBLOOD 5K

**SATURDAY
FEBRUARY 21, 2009
9:00AM**



COURSE:

A flat course, virtually all trails, in expanded Robious Landing Park in Midlothian. Only 5 minutes from the new Route 288 Bridge for easy West End Access. (Park is located off Robious Rd next to James River H.S.)

The run is being held by the Virginia Hemophilia Foundation (VHF) to support treatment, education and advocacy for children and adults with bleeding disorders.

The hemophilia community is a “guardian” of the medical blood supply for everyone!

ENTRY FEES:

Before 2/14/2009: \$20
Thereafter and Post Entries: \$25

Checks should be made out to:
Virginia Hemophilia Foundation
(VHF) and mailed to:

Kevin O'Connor,
14300 Heathland Terrace,
Midlothian, VA 23113 (804-378-6268)
Registration also available online at
www.rtrc.org

AWARDS:

Awards for 1st, 2nd & 3rd Place Male & Female.

Ribbons for 1st, 2nd 3rd in 5 year Age groups 9 and under, 10 – 14, etc up to 65 and over.

Long Sleeve t-shirts to first 120 entries.
There will also be random prizes for most entries and even more prizes supplied by Runner Bill's Running Store, Midlothian, VA.



Keep that New Year's Resolution to get and stay fit & healthy.

Name: _____
Address: _____
City, State, Zip: _____

Email: _____
Age: _____
Sex: _____
T-Shirt Size: S ___ M ___ L ___ XL ___

Waiver: I know that running a trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event, including, but not limited to falls, contact with other participants, the effects of the weather, and the conditions of the trail all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I waive and release the United Virginia Chapter NHF, the Richmond Road Runners Club, Chesterfield County, Chesterfield Parks and Recreation and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver, I grant permission to all of the foregoing to use any photographs, motion pictures, recording or any other record of this event for any legitimate purpose. This is a road race conducted under the rules of TAC and RRCA. In consideration of the safety of all participants.
NO baby joggers, baby strollers, headphones will be allowed.
SIGNATURE: _____

DATE _____
PARENT'S SIGNATURE (IF UNDER 18): _____

Race #