

31st Ashland Railroad Run

Saturday, April 4, 2009
REGISTRATION FORM

BE GREEN – Register online at

<http://www.raceit.com/register/?event=265>

If registering by mail or in person, please print, complete & sign a separate registration form for each participant.

Make checks payable to: *Hanover Arts & Activities Center*

Mail to: Hanover Arts & Activities Center
 PO Box 486, Ashland, VA 23005

Or drop off at: Hanover Arts & Activities Center
 500 South Center St., Ashland, VA 23005

Info: Call 804-798-2728 or e-mail info@hanoverarts.org

Visit www.hanoverarts.org for all race details.

US Track and Field Certification #:
 VA-02007-RT

31st Ashland Railroad Run

ASHLAND



Railroad Run
 Preserving our Center of the Universe

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|-----------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 10K and 5K Registration Fees: | \$20/person for registrations online*, delivered or postmarked by 3/21/09. \$25/person after 3/21/09. * There is an additional small fee to register online. "No T-shirt option" - deduct \$5.00 from each registration. |
| Kids 1 Mile Fun Run (ages 5-12) Registration Fee | \$10.00 per person. (If registering online, there is an additional small fee). "No T-shirt option" - deduct \$5.00 from each registration. |

Name (Last) _____ **(First)** _____

Male _____ Female _____

Age (age as of 4/4/09) _____ (we need **your age** for reporting race results)

ADULT T-SHIRT SIZES (Circle one): S M L XL XXL No T-shirt

YOUTH T-SHIRT SIZES (Circle one): Youth-Small Youth-Medium Youth-Large No T-shirt

I am registering for the: 5K FUN WALK/RUN _____ 10K RUN _____ 1 Mile Kid's Fun Run _____ (for kids ages 5 - 12)

Street Address (mailing) _____

City _____ State _____ ZIP _____

Phone (H) _____ (O) _____ Email: _____

In consideration of this entry being accepted, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights I may have against the Hanover Arts & Activities Center, the Town of Ashland, and all sponsors or officials of the Ashland Railroad Run to be held on April 4, 2009, of any and all injuries suffered by me in said event. I attest that I am physically fit and have sufficiently trained for this event. I also acknowledge that transference of my race number invalidates my registration.

Please Circle: This is my 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31st Railroad Run!

Signature _____ * Date _____

Total Enclosed: \$ _____ Remember: **"No T-shirt option" - deduct \$5.00 from each registration.**

***(Parent or guardian must sign for any participants under the age of 18 years.)**

PACKET PICK-UP at Hanover Arts and Activities Center (500 S. Center Street ~ Ashland, VA 23005) on Thursday, April 2, 2009 from 5:30 p.m. – 7:30 p.m. OR Friday, April 3, 2009 from 5:30 p.m. – 7:30 p.m. OR race day morning beginning at 7:30 a.m. You may also register for the race at these times.