

Friendship 5k

4 JUNE 2011

Friendship Gymnastics & Sports Center
P.O. Box 145 Palmyra Virginia 22963
434-589-5867

The Course

The racecourse is challenging, but the feeling of completing a good run makes it worth while. The course takes you by The Rivanna River Resort and Golf Course and then does a leisurely wind through the woods here at Friendship. You will pass by the stables and cross over a lake then up a hill that has a steady grade then back to the finish line at the gymnastic center. Upon completing this quick run through the woods snacks and goodies will be waiting for you at the center. There will be Door prizes awarded in a lottery after the race has ended. So hang on to those race numbers. We should have on grounds our massage personnel.

Liability Release

Forms will be completed on Race day at the site.

Directions to Start Line. From C-ville

- 1-64 East
- Exit 136 (Zion Crossroads)
- Turn south on Route 15 (Palmyra)
- Travel @ 8 miles Turn Right at Rivanna Resorts / Camp Friendship
- Follow signs to 5k Race (Gymnastic Center)

Race Information

Saturday June 4, 2011

7:45AM

Pre- Registration fee through May 15th -\$25.00

After May 15th and on Race Day - \$30.00

Race Registration

Saturday Morning 6:45 am to 7:30am

Questions / Info?

434.589.5867

Detach and return with Check payable to Flyers Boosters

PO Box 145 Palmyra Virginia 22963

Name: _____ Age: _____

Address: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____

Emergency Contact: _____ Phone: _____ Cell: _____

Have you run in this Race before? Yes No Number of times you have ran this run: _____

You will have to sign the Liability release at Check in. Thanks.