

Lake Ridge Parks and Recreation Association, Inc.  
12350 Oakwood Drive  
Lake Ridge, VA 22192-1928

Addressee or Current Occupant

LAKE RIDGE  
"RIDGERUNNERS"

**MAY DAY  
5K RUN  
5K WALK**

SUNDAY, MAY 2, 2010  
7:45 AM - 5K WALK  
8:00 AM - 5K RUN  
PROCEEDS BENEFIT...



"RIDGERUNNERS" ARE PROUD  
MEMBERS OF RRCA SINCE 1997!



OUR SPONSORS



Potomac Festival One  
14233 Potomac Mills Rd.  
Woodbridge, VA 22192  
703-491-4593  
[www.varunner.com](http://www.varunner.com)



Screen Printing - Embroidery  
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703-590-4145 [www.jteesprinting.com](http://www.jteesprinting.com)



2070 Old Bridge Rd., Suite 203  
Woodbridge, VA 22102  
Office 703-492-1199



Cell 703-732-6589  
703-505-3865  
[www.fitnessexpressva.com](http://www.fitnessexpressva.com)



Young Life is an inter-denominational mission of Christian-centered people who are committed to reaching the disinterested youth in our community. Currently they have an active presence at Woodbridge High School and Forest Park High School. Young Life volunteer leaders build relationships with kids by going where they are and taking an interest in them. Weekly "Club" offers a safe place to have fun and hear a little about The Word. Other events include broomball, ski weekends, and week-long camp. For more information, contact us at 703-490-1317.

**5K COURSE DESCRIPTION:**

The 5K course starts and finishes at the Ridge-Wood Community Center located on Oakwood Dr. From the starting line proceed on Oakwood Dr. to Deepford Dr.; turn left onto Deepford Dr. and proceed for 1 block; turn right onto Antietam Rd. and proceed to Mt. Airy Ct. for the turnaround; proceed back up Antietam Rd. until Cotton Mill Dr.; turn right onto Cotton Mill Dr. and proceed to Willowood Dr.; turn left onto Willowood Dr. and proceed to Woodfern Ct.; turn right onto Woodfern Ct. and proceed crossing Antietam Rd. to Oakwood Dr.; turn right onto Oakwood Dr. and proceed to the finish line.

Please obey the direction of the motorcycle police and course marshals. When entering the finish chute, please keep moving and hand the bottom portion of your bib number to finish line personnel.

**MOST IMPORTANT... BE ALERT OF TRAFFIC!!**

For more information call (703) 491-2154 or go to our website at:  
<http://www.lakeridgerunners.com>

Lake Ridge Lions staff our aid-station... Thank them as your walk/run by!



**RIDGEWOOD COMMUNITY CENTER**  
Located on the corner of Old Bridge Rd. and Oakwood Dr., Lake Ridge, Virginia

**COURSE:**

Hilly, challenging course winding through the neighborhoods of Lake Ridge. The course will be marked and marshaled.

**RUNNERS' AWARDS:**

Premium running t-shirt to all pre-registered entrants. Awards to 1st, 2nd, and 3rd overall male and female runners and to 1st, 2nd, and 3rd place runners in all age categories: 5 & Under, 6-10, 11-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & Over.

Random prizes donated by local merchants will be drawn after the race using runner/walker bib numbers. Must be present to win!

**SPECIAL! 12 YEARS & UNDER REGISTRATION:**  
**\$12 thru Race Day**

**ALL OTHERS...**

**REGISTRATION BEFORE APRIL 23, 2010:**

**Mail entry form and \$25.00 non-refundable fee to:**

**MAY DAY 5K RUN & 5K WALK**  
c/o LRPA, Inc.  
**12350 OAKWOOD DR.**  
**LAKE RIDGE, VA 22192-1928**  
Make checks payable to: LRPA, Inc.

**AFTER APRIL 23, 2010: \$30.00**

**\*\*\* PLEASE NOTE—PACKET PICKUP \*\*\***  
**Saturday, May 1, 2010 (10 AM to 5 PM) at:**

**VA RUNNER**  
**Potomac Festival Shopping Center One**  
**14233 Potomac Mills Rd.**

**RACE DAY REGISTRATION MAY 2, 2010:**  
**\$30.00 from 7:00 AM to 7:45 AM.**

**ABSOLUTELY NO REFUNDS!**

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ INITI: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_  
 STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ TELEPHONE: ( \_\_\_\_\_ ) \_\_\_\_\_ AGE (RACE DAY): \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_  
 CHECK ONE: 5K ROAD RACE \_\_\_\_\_ 5K WALK \_\_\_\_\_ T-SHIRT SIZE (CIRCLE ONE): S M L XL SEX: MALE FEMALE  
 E-MAIL ADDRESS FOR FUTURE RACE ANNOUNCEMENTS: \_\_\_\_\_  
 IF PARTICIPATING ON A SCHOOL TEAM, PLEASE ENTER SCHOOL NAME: \_\_\_\_\_  
 Road Runners Club of America Waiver: I know that running a road race is a potentially hazardous activity. I will 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 or walk. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, effects of weather, traffic, and road conditions. All such risks are known and appreciated by me. Having read this waiver, knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the race directors, the RidgeRunners, Lake Ridge Parks and Recreation, Inc. and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. LRPA, Inc. Waiver: I hereby waive, release, and hold harmless Lake Ridge Parks and Recreation Association from any and all damage actions, claims, or cause of action for any loss, damage or injury suffered by me, my family, my guests, or invitees during participation in the program. I also attest that I am physically fit and in good health.  
 SIGNATURE (Parent if under 18 yrs.): \_\_\_\_\_ DATE: \_\_\_\_\_

UNSIGNED ENTRY OR NO FEE WILL RESULT IN RETURN OF ENTRY

For Official Use:

DATE RECEIVED: \_\_\_\_\_ RACE NUMBER: \_\_\_\_\_