

In memory of our running friends...

JIM BODMER 10/01/1998
BONNIE DAY 04/21/2002
DON FRAZIER 08/03/2002

**LAKE RIDGE
"RIDGERUNNERS"
TURKEY TROT
10K RUN
5K WALK**

SUNDAY, NOVEMBER 15, 2009
7:45 AM - 5K WALK
8:00 AM - 10K RUN



**PROCEEDS BENEFIT
O.W.L. VOLUNTEER FIRE
DEPARTMENT**

OUR SPONSORS...



Potomac Festival One
14233 Potomac Mills Rd.
Woodbridge, VA 22192
703-491-4593

www.varunner.com

Check out VA Runner
for all your running gear!



**Screen Printing - Embroidery
Graphic Design**

Uniforms - Jackets - Hats - T-shirts - Polos
703-590-4145 www.jteesprinting.com

THANK OUR SUPPORTERS:

Lake Ridge Parks & Recreation
Association (LRPRA)
Lake Ridge Lions Club
Pr. William County Police
Woodbridge Wireless



10K RUN COURSE DESCRIPTION:

The 10K Run starts and finishes at the RidgeWood 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 the end of Antietam Rd. for the turnaround; proceed back up Antietam Rd. to Cotton Mill Dr.; turn right onto Cotton Mill Dr. and proceed crossing Mohican Rd. to Hedges Run Dr.; turn right onto Hedges Run Dr. and proceed to Critton Circle; turn right onto Critton Circle until it goes back around to Hedges Run Dr.; go back up Hedges Run Dr. until Cotton Mill Dr.; turn left onto Cotton Mill Dr. and proceed crossing Mohican Rd. to Willowood Dr.; turn right 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.

5K WALK COURSE DESCRIPTION:

The 5K Walk 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 the finish line personnel.

MOST IMPORTANT... BE ALERT OF ALL TRAFFIC!!
For more information call (703) 491-2154 or go to our website at: <http://www.lakeridgerunners.com>

This year we will be using the ChronoTrack System D-Tag™ ! The D-Tag™ is an all-weather option that is better suited for the logistics and pace of today's style of events. ChronoTrack Systems™ D-Tag™ is a single-use RFID tag that participants place on their shoe to record their time.

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:

Mock Turtle Neck running 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: 4 & Under, 5-9, 10-14, 15-19, 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:
\$10 thru Race Day

All others...

REGISTRATION BEFORE NOVEMBER 9, 2009: \$25

REGISTRATION AFTER NOVEMBER 9, 2009: \$30

Mail your entry form with non-refundable fee to:

TURKEY TROT 10K RUN & 5K FITNESS WALK
c/o LRPRA, Inc.
12350 OAKWOOD DR.
LAKE RIDGE, VA 22192-1928
Make checks payable to: LRPRA, Inc.

***** PLEASE NOTE—PACKET PICKUP *****
Saturday, November 14, 2009 (10 AM to 5 PM) at:

VA RUNNER
Potomac Festival Shopping Center One
1423 Potomac Mills Rd.

RACE DAY REGISTRATION—NOVEMBER 15, 2009:
\$30.00 from 7:00 AM to 7:45 AM.

>>>>> 5K Walk begins at 7:45 AM. <<<<<<
10K Race starts at 8:00 AM.

THERE ARE ABSOLUTELY NO REFUNDS!

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. LRPRA, 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: _____

UNASSIGNED ENTRY OR NO FEE WILL RESULT IN RETURN OF ENTRY

For Official Use:
RACE NUMBER: _____

DATE RECEIVED: _____

SPECIAL CONSIDERATIONS: YES NO IF YES, EXPLAIN: _____

CHECK ONE: 10K ROAD RACE _____ 5K WALK _____

SEX: MALE / FEMALE _____

STATE: _____ ZIP: _____ TELEPHONE: (_____) _____

AGE (RACE DAY): _____ BIRTHDATE: _____

ADDRESS: _____ CITY: _____

LAST NAME: _____ FIRST NAME: _____ INITIAL: _____