



ROTARY 5K RUN FOR POLIO & Quarter Mile Kids Run

Saturday 28 March 2009 • Winchester, VA • 5K at 9 AM • Kids run at 10 AM

COURSES The 5K (3.1 mi.) race follows a new USATF-certified loop on rolling, paved roads through Jim Barnett Park and the campus of Shenandoah University. The quarter mile kids run uses a flat out-and-back route.

AWARDS 5K awards will be given to the top three males & females in the following divisions: Overall, Masters, 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 & over. All children in the kids run will receive medals.

REGISTRATION The 5K entry fee is **\$16.00** for members of the Shenandoah Valley Runners and **\$17.00** for non-members, whether you preregister or sign up on race day. T-shirts will be available for the first 100 5K registrants. The kids run is **\$11.00** with a t-shirt or **\$4.00** without a shirt. Make checks payable to "Winchester Rotary Club" and send checks with completed entry forms to Rotary 5K & Kids Run, c/o Chris Northrup, Northrup Consulting, 106 South Kent St., Winchester, VA 22601. Race day registration begins at 8:00 AM.

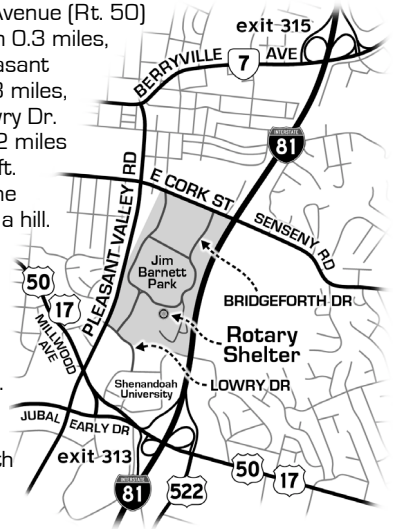
MORE INFORMATION If you have any questions about the race, contact race director Chris Northrup at chris@northrupconsulting.com or (540) 665-4982. Visit the Rotary 5K Web site at <http://user.shentel.net/karsten/rotary/> for course maps, past results, and more!



LOCATION The Rotary Shelter, on the southern side of Winchester's Jim Barnett Park.

Directions from the south: Take I-81 north to exit 313 (Routes 50/17/522) and head north/west towards Winchester. In 0.2 miles, bear right, following Millwood Avenue (Rt. 50) past Shenandoah University. In 0.3 miles, turn right at a stoplight on Pleasant Valley Road, and in another 0.3 miles, turn right at a stoplight on Lowry Dr. Turn left in 0.1 miles, and in 0.2 miles bear right as the road veers left. The Rotary Shelter will be on the right in 0.2 miles, at the top of a hill.

Directions from the north: Take I-81 south to exit 315 (Rt. 7) and follow Route 7 (Berryville Ave.) west towards Winchester. In 0.9 miles, turn left at a stoplight on Pleasant Valley Rd. 0.3 miles later, turn left at a stoplight on Cork Street. Turn right in 0.4 miles on Bridgeforth Drive, and the Rotary Shelter will be on your left in 0.6 miles.



Proceeds from the race will benefit the **Global Polio Eradication Initiative**

Hosted by the **Winchester Rotary Club** and the **Shenandoah Valley Runners**

ENTRY FORM

Make checks payable to "Winchester Rotary Club" and mail form & check to: Rotary 5K & Kids Run, c/o Chris Northrup, Northrup Consulting, 106 S. Kent St., Winchester, VA 22601

Name: _____ Age: _____ Sex: _____

Address: _____ DOB: _____ / _____ / _____
month day year

City: _____ State: _____ ZIP: _____

Phone: (_____) _____ - _____ E-mail: _____

Race & fee (check one):

- 5K - SVR member (\$16)
- Kids run - with shirt (\$11)
- 5K - non-member (\$17)
- Kids run - no shirt (\$4)

Shirt size:

- Adult S
- Adult M
- Adult L
- Adult XL
- Youth S (6-8)
- Youth M (10-12)

WAIVER: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against any of the following: Chris Northrup, the Winchester Parks & Recreation Department, the Winchester Rotary Club, Shenandoah University, the City of Winchester, the Shenandoah Valley Runners and all additional contributors, sponsors and assigns for any injuries suffered by me in the scheduled March 28th, 2009 event. I attest and verify that I am physically fit and have effectively trained to complete this race.

Signature: _____ Date: _____

(Parent or guardian's signature if under 18)