



Saturday, October 17, 2009  
9:30 a.m.

## 10K Hill Run / 5K Walk / 1K Fun Run

to benefit the Neighborhood Resource Center

### Registration Form

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_  
Home Phone: \_\_\_\_\_  
Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_  
Birthdate: \_\_\_\_\_  
Team Runner/Walker?  Yes  No  
Team Name: \_\_\_\_\_  
Team Captain: \_\_\_\_\_

**Please register me for the:** (check one)

- 10K Hill Run
- 5K Walk
- 1K Fun Run

**Entry type:**

- Youth (under 18)
- Adult (18 and up)
- Team Entry (4 or people)
- Sponsor. I want to support the NRC, but cannot participate in the event. Enclosed is my tax-deductible gift of \$\_\_\_\_\_.

**T-shirt size:**

- Small
- Medium
- Large
- XL
- XXL

**Become a fundrunner, raise donations to help support the NRC and become eligible for great prizes!**

Fundrunners raise money to help support educational and cultural programs at the Neighborhood Resource Center (a grassroots non-profit that provides quality resources to low-wealth families). It's easy to raise funds and you'll be eligible for great prizes. Run to the River and change lives at the Neighborhood Resource Center!

- \$100 buys take home books for sixteen of the center's preschoolers
- \$200 pays for our summer GED teacher for six weeks
- \$300 buys healthy after-school snacks for 30 children per day for two weeks

- I'm interested! Help me set up an online fundraising web page (it's easy!).
- Please send me a Walk/Run envelope in which to collect pledges.

**WAIVER:** By signing this agreement, I hereby for myself, my heirs and administrators assume any and all risks which might be associated with the walk/run. I waive and release any and all rights and claims for damages which I may have against the organizers and all others connected with this event, their representatives, successors and assigns for any and all injuries or damages of any kind whatsoever suffered by me as a result of taking part in the walk/run and any related activities.

**PHOTO RELEASE:** I permit the NRC to use my name/likeness in any film, videotape, brochure, newspaper or other promotions of NRC events.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
If under 18, parent/guardian's signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date



Make checks payable to the **Neighborhood Resource Center** and mail your registration form to NRC, 1519 Williamsburg Road, Richmond, VA 23231 or register online at [www.runtotheriver.org](http://www.runtotheriver.org). Phone: 804-864-5797