



26th Year
Over \$90,000 Raised for Local Charities

Proudly presents

Independence Day 5K Run

"A Charlottesville Holiday Tradition since 1983"

To be held July 4, 2009

Benefiting: **Camp Holiday Trails**

A Camp for Children with Special Health Needs



Hosted by **Kiwanis Club of Charlottesville and Charlottesville Track Club**

Date & Time: Saturday, July 4, 2009 at 7:30 a.m.
Place: Forest Lakes North Subdivision. Follow signs from Route 29 North.
Registration: \$21 CTC members, \$22 non-CTC members, \$26 all entries on race day at 6:30 a.m.
Please make checks payable to: Kiwanis Club of Charlottesville
Mail to: Kiwanis Club, Attn: Bill Hall, 3534 Devon Pines, Keswick, VA 22947
prior to **June 26**
Or hand-deliver to: Ragged Mountain Running Shop prior to 5:00 p.m. **June 30**

Award categories for all age groups, including the youngsters (10 & younger)

"This special event has become a wonderful 4th of July tradition for our family!"

(A long-time participant)

FOR MORE INFORMATION CALL (434) 296-6003

Last Name _____ First _____

Address _____ City _____

State _____ Zip _____ Daytime Phone _____ E-Mail (Optional) _____

Age on race day _____ Sex _____ T-shirt Size **S M L XL XX** CTC Member **Y N**

LIABILITY WAIVER MUST BE SIGNED

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by all decision of the race officials relative to my ability to complete the run safely. I assume all risks associated with running in this event, including, but not limited to falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and 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 Kiwanis Club of Charlottesville, the Charlottesville Track Club, Forest Lakes Community Association, the County of Albemarle, all beneficiaries, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. Furthermore, I agree to be bound by the rules established with respect to this event. In consideration of the safety of all participants, I understand that absolutely no baby joggers, baby strollers, headphones, animals on leash, skateboards, skates, roller blades or bicycles are allowed on the course. In addition, I understand that if the race is canceled by circumstances beyond the control of the organizers, my entry fee will not be refunded.

SIGNATURE (parent or guardian, if under 18) _____ Date _____

