

12TH ANNUAL POINT OF HONOR 5K RACE REGISTRATION

ROAD RUNNERS CLUB OF AMERICA 2019 VA STATE 5K CHAMPIONSHIP!

Complete the entry form below & return with your payment to: Riverside Runners, 2480 Rivermont Avenue, Lynchburg, VA 24503. Make checks payable to: Lynchburg Road Runners Club. (Discounted race registration is available at www.riversiderunners.com & www.pointofhonor5k.com)

LAST NAME: _____ FIRST: _____
GENDER (M/F): _____ AGE ON RACE DAY: _____ BIRTH DATE: _____
ADDRESS: _____
PHONE: _____ E-MAIL: _____
ADULT SHIRT SIZE (GENDER SPECIFIC): XS S M L XL XXL

Entry must be received by Sunday, March 24, 2019 to be guaranteed a moisture-wicking shirt

ENTRY FEES: **ALL PAPER REGISTRATIONS**, regardless of date submitted: \$35
Online **EARLY** Registration UNTIL March 10: \$25 (\$20 LRRC member discounted rate)
Online **REGULAR** Registration FROM March 11-24: \$27
Online **LATE** Registration FROM March 25-April 5: \$30
Online **RACE DAY** Registration, Saturday, April 6, 2019: \$35

WAIVER (Must be signed!): I know that participating in a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and race course, all such risks being known and appreciated by me. **I understand that animals, strollers, baby joggers, and similar items are not allowed in the race, except as required by an ADA participant.** 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 Lynchburg Road Runners Club, Point of Honor 5K, Road Runners Club of America, City of Lynchburg, Donate Life, LifeNet Health, Centra, Riverside Runners Inc., Saucony, Depot Grille, and all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I attest that I have read the rules of the race and agree to abide by all race rules.

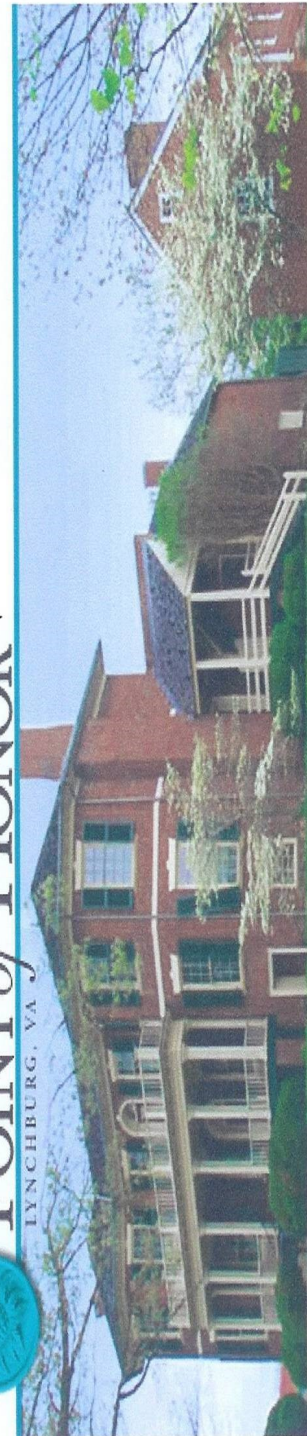
Signature (Guardian if participant is under 18 years of age) Date



NOTE: Entry fees are not refundable nor transferable! Dogs and strollers are strictly prohibited unless ADA required!



POINT of HONOR
LYNCHBURG, VA



12TH ANNUAL POINT OF HONOR 5K
Saturday, April 6, 2019

POINT OF HONOR 5K

SATURDAY, APRIL 6, 2019 9AM

Race #1 of the 2019 Lynchburg Road Runners Club Race Series!

RACE INFORMATION



Website: www.pointofhonor5k.com

Start/Finish: 9th & Jefferson Streets

Course: Out and back on Jefferson Street, Point of Honor Trail, and Cabell Street loop in front of Point of Honor. **WALKERS ARE WELCOME!**

ADA Participants: Contact Race Director at least one week prior to race!

Awards: M/F-Top 3 Overall; Masters (40+); Grand Masters (50+); Senior Grand Masters (60+); Top 3 in each Age Group; & Top Team

Age Groups: 12 & Under through 75 & Over

Packet Pickup: Friday, April 5, 2019, 11AM-6PM, Riverside Runners, 2480 Rivermont Avenue, Lynchburg, VA 24503, (434) 846-7449, and on race day at race site from 7:30-8:30AM

Chip Timing/Race Management: Riverside Runners

Results: www.riversiderunners.com & www.pointofhonor5k.com



RACE PROCEEDS BENEFIT LIFENET HEALTH

APRIL IS NATIONAL DONATE LIFE MONTH

GO TO WWW.DONATELIFEVIRGINIA.ORG TO SIGN UP TO BE AN ORGAN DONOR

Race Director: Kevin Shroyer (434) 665-8046

Email: Kevin@pointofhonor5k.com



Donate Life America assists in mobilizing the transplant community to educate the American public on the need for organ, eye and tissue donation and motivating the public to make an actionable donor designation.

Donate Life America is a 501(c)(3) organization based in Richmond, Virginia, operating with funds from membership, general contributions, and the United Network for Organ Sharing (UNOS). For further information:

www.donatelife.net



Founded in 1982 and headquartered in Virginia Beach, VA, LifeNet Health, Inc. is a leading biomedical alloengineering organization and organ and tissue donation agency whose mission is saving lives, restoring health, and giving hope.

Your participation in the Point of Honor 5K allows LifeNet Health, Inc. to continue to educate the public and raise awareness regarding organ and tissue donation.

Together, we can continue to save lives and give others a better quality of life by restoring health!

www.lifenethealth.org



The Lynchburg Road Runners Club has been promoting fitness and the sport of running for many years in the Lynchburg community. Races, fun runs, and other local running events help us achieve this goal.

Many of our events, such as this race, support a wide variety of charitable causes and organizations. Your continued involvement with the LRRC is desired! Membership is open to persons of all ages and abilities. LRRC memberships are available online and at:

Riverside Runners
2480 Rivermont Avenue
Lynchburg, VA 24503
(434) 846-7449

To join or for more information:
www.lynchburgroadrunners.org



POINT OF HONOR

Dr. George Cabell, one of Lynchburg's most prominent citizens, friend of Thomas Jefferson, and physician to Patrick Henry, completed Point of Honor in 1815.

www.pointofhonor.org