



## Legs for Liberia 5K Run and 2 Mile Walk August 20, 2011 8:00 am

**Event:** Participants have the option to run a 5K course or walk a 2-mile course. Both courses begin and end at The Village Park in Palmyra and are a combination of scenic road and trail. All ages, all abilities welcome! (Sorry, no pets.) Proceeds will support the Effort Baptist Church's Medical Missions Program to construct medical clinics, provide medical supplies, resources and training for Liberia, Africa. More info and course details on <http://effortchurch.org/legsforliberia>.

**When:** Saturday, August 20, 2011  
Check-in and registration 7:00-7:45 am  
Start Time: 8:00 am for runners, 8:10 am for walkers

**Where:** Starts and ends at The Village Park on Main Street in the historic village of Palmyra, Virginia. From Interstate 64, travel south on U.S. Route 15, turn right onto Main Street. From Route 53 East, turn left onto U.S. Route 15 and turn left onto Main Street. Parking available in the Fluvanna County Court Bldg. parking lot; Palmyra United Methodist Church parking spaces; some streets surrounding the course; parking lots of closed businesses on Rt. 15.

**Prizes and gifts:** Prizes awarded for overall and age group winners. The first 150 people who register will receive a lunch cooler bag, and a goody bag. Drawing for numerous prizes (all participants eligible). Refreshments.

**Registration Fee:** \$20 for adults, \$15 for youth 17 and under postmarked or delivered by August 15 to Effort Baptist Church, 7820 Thomas Jefferson Parkway, Palmyra, VA 22963. After August 15 and on race day, the fee will be \$25 for adults, \$20 for youth ages 17 and under. Make checks payable to: "Effort Baptist Church" (please write, "Legs for Liberia" in memo line). Additional donations welcome – help us meet our goals!

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**NAME:** \_\_\_\_\_ **Age on race day:** \_\_\_\_\_  
(First Name) (Last Name)

**ADDRESS:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **E-Mail Address:** \_\_\_\_\_

\_\_\_\_\_ I will be running the 5K course      **OR**      \_\_\_\_\_ I will be walking the 2-mile course

**Mail or Deliver to:** Legs For Liberia, Effort Baptist Church, 7820 Thomas Jefferson Parkway, Palmyra, VA 22963

**PLEASE READ CAREFULLY:**

\*\*In consideration of being allowed to participate in the Legs for Liberia 5K run or 2-mile walk, I hereby waive and release any and all claims of any nature whatsoever that I have, or may in the future have, arising out of my participation, against any group or persons involved with the Legs for Liberia 5K run or 2-mile walk, Effort Baptist Church, the Fluvanna Heritage Trail Foundation, the Fluvanna Historical Society, and the County of Fluvanna. I also certify that I understand the inherent risks involved with walking/running and that I am physically fit to complete either a 5K run or a 2-mile walk on mixed terrain. I understand that no pets, skateboards, roller blades or bicycles are allowed on the course. I have signed this release freely and voluntarily and with a full understanding of its contents, having read it in full and acknowledging by my signature that I am bound by the provisions herein. I understand and intend that I will be legally bound by it. 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. I grant permission to all the foregoing to use photographs, motion pictures, records of this event for any legitimate purpose.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's signature (if under 18) \_\_\_\_\_