



THE CROSSOVER CHALLENGE



15K & 5K RACES 1 MILE WALK & 1 MILE KIDS RUN SATURDAY, APRIL 18, 2009

WHERE

Athletic Fields at Brook Rd. & Westwood Ave
1300 Westwood Ave
Richmond, VA 23227

The course of the 15K & 5K is mostly flat surrounding the beautiful seminaries and Ginter Park neighborhoods. The 15K & 5K races start on Rennie Ave. Kids 1 Mile Run will be held on the walking track for ages 6-12.

START TIMES

- **15K Race** – 8:00 AM
- **5K Race** – 8:10 AM
- **1 Mile Walk** – 8:45 AM
- **Kids Run** – 9:15 AM

PARKING

Large lot at Westwood Ave. & Lamont St.
Once you park, follow signs to race start.

FEES

- **15K** – \$30
- **5K** – \$25
- **1 Mile Walk** – \$10 (\$25 for a family of 4)
- **1 Mile Kids Fun Run** – \$10 Children under 6 accompanied by an adult are FREE.

*After April 12, registration fees increase by \$5 for each race, so **register early!**

REGISTRATION

*Registration comes with free cotton tee. Be one of the first 200 to register for the 15K and receive a FREE Technical Tee!

Online registration through Active.com is encouraged. Please visit www.crossoverministry.org. Online Registration closes April 15th at 11:59 PM.

Please DO NOT mail registration form after April 12th.

Race Day Registration: 7:00 AM – 9:00 AM

*Registration ends 15 Minutes prior to each race start time. Ex. 15K Race starts at 8:00 AM, so registration for 15K ends at 7:45 AM.

PACKET PICKUP

Friday, April 17th 11AM - 6:30 PM
CrossOver Health Center
108 Cowardin Ave
Richmond, VA 23224

*Race packets can also be picked up on race day.

USATF Certified 15K & 5K

CASH PRIZES for the Top 3 Male & Female finishers of the 15K and 5K races!



Mail form to 108 Cowardin Ave, Richmond, VA 23224 **Please use separate form for each person. THANK YOU!**

Name _____ Date of birth _____ Gender: M F

Address _____ e-mail _____

City _____ State _____ Zip code _____ Phone _____

My event: 15K Run 5K Run/ Walk 1 Mile Walk Kids 1 Mile Run

For t-shirt, check size: **Adult Shirt** S M L XL XXL (Add \$2.00) **Kids Shirt** S M L

Race fee enclosed \$ _____ Additional Donation enclosed \$ _____

*Contributions in addition to entry fee are fully tax deductible. Make checks payable to *CrossOver Challenge*.

Waiver (must be signed & submitted with entry): 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 any decision of a road race official relative to my ability to safely complete the run, but I understand that I am responsible for my own safety. I assume all risks associated with running this event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat or 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 Cross Over Ministry, the City of Richmond, the Richmond Road Runners Club, Virginia Union University, Union Theological Seminary & Presbyterian School of Christian Education, Baptist Theological Seminary at Richmond, Dominion, Ginter Place and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. In consideration of the safety of all participants, I understand that no baby joggers, baby strollers, headphones, animals on leash, skateboards, in-line or roller skates or bicycles allowed.

Participant Signature _____ Date _____

Signature of Parent or Guardian if under 18)