

# 30th Ashland Railroad Run

Saturday, March 15, 2008

## REGISTRATION FORM

Please print. Each participant must complete a separate form.  
 Make check payable to: *Hanover Arts & Activities Center*

**Mail to:** Hanover Arts & Activities Center  
 PO Box 486, Ashland, VA 23005

**or drop off at:** Hanover Arts & Activities Center  
 500 South Center St., Ashland, VA

Info: Call 804-798-2728 or e-mail [hanoverarts@mindspring.com](mailto:hanoverarts@mindspring.com)

**Kids 1 Mile Run starts at 8:30am; 10K Run starts at 9:00am;**  
**5K Fun Walk starts at 9:15am**

See [www.hanoverarts.com](http://www.hanoverarts.com) for details

US Track and Field Certification #: VA-02007-RT

Thank You to Sponsors of the  
 30th Ashland Railroad Run

<b>Wal-Mart</b>	<b>McDonalds (W.W., Inc.)</b>
Diamond Springs	Ashland Guitar
Richmond Road Runners	Eastern Virginia Bank
Keith Hunter - Architect	ACB Construction
Panera's	<a href="http://Townhound.com">Townhound.com</a>
TSI Promotionals	3 Sports
McKinney and Co.	Cobblestone Bikes
Ashland Track Club	

10K and 5K  
 Registration  
 Fees:

\$20/person for registrations delivered or postmarked between February 2 and March 1  
 \$25/person for registrations delivered or postmarked after March 2 and race day registration  
**"No T-shirt option" - deduct \$4.00 from each registration.**

1 Mile Kids Run (ages 5-12)

\$10 person (parents are encouraged to run with child for no fee)  
**"No T-shirt option" - deduct \$4.00 from each registration.**

Name (Last) \_\_\_\_\_ (First) \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

**Age (as of 3/15/08)** \_\_\_\_\_ (we need this information for reporting race results)



ADULT T-SHIRT SIZES (Circle one): S M L XL XXL No T-shirt

YOUTH T-SHIRT SIZES (Circle one): Youth - Extra Small Youth-Small Youth-Medium Youth-Large

I am registering for the (check one): 5K FUN WALK \_\_\_\_\_ 10K RUN \_\_\_\_\_ 1 Mile Kid's Fun Run \_\_\_\_\_  
 (for children ages 5 - 12)

Street Address (mailing) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone (H) \_\_\_\_\_ (O) \_\_\_\_\_ Email: \_\_\_\_\_

In consideration of this entry being accepted, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights I may have against the Hanover Arts & Activities Center, the Town of Ashland, and all sponsors or officials of the Ashland Railroad Run to be held on March 15, 2008, of any and all injuries suffered by me in said event. I attest that I am physically fit and have sufficiently trained for this event. I also acknowledge that transference of my race number invalidates my registration.

**Please Circle:** This is my 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30th Railroad Run!

Signature \_\_\_\_\_ Date \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_ Remember \$4.00 off if "No T-shirt" option is chosen.

**(Parent or guardian must sign for any participants under the age of 18 years.)**



Town of Ashland

150 Years