



## 5K Run & 2 Mile Walk

Saturday, August 28, 2010

8:00 a.m. - Dorey Park - Henrico, VA

Presented by Anthem Blue Cross Blue Shield

On-site Registration & Race Packet Pick Up ..... 7-8 a.m.  
 Kids' Fun Run ..... 8 a.m.  
 5K Run/2 Mile Walk ..... 8:15 a.m.

Balloon Fun with Miss Sheri the Clown - Moon Walk for Kids  
 Juggling with Jonathan Austin - DJ by Luke Gipson

## Movin' & Groovin' 5K Run/2 Mile Walk Registration:

\$15 early bird registration fee (must be received by Aug. 13.)  
 \$20 registration fee after Aug. 13  
 Kids' Fun Run is free!  
 Register online at [www.active.com](http://www.active.com)  
 or mail entry form provided below.

*All proceeds go to support the fight against pancreatic cancer.*

Awards: Top three male and female overall finishers, top male and female masters division, and top three finishers in each male and female age divisions. Age divisions: 14-under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over. The first 200 registered 5K Run and 2 Mile Walk participants are guaranteed a t-shirt. Door prizes will be awarded following the race. Free parking is available at the race site. Directions to Dorey Park are online at [www.movinandgroovin5k.org](http://www.movinandgroovin5k.org) or by calling (804) 233-8453.

In memory of Ken Dunkle, Michael Fehl,  
 Winifred Kelly, Judith Miller, Bruce Murray,  
 James Pelligrino, Elaine Taylor Swain,  
 Frances Taylor and Anne Velez.



### Entry Form: One per participant

Please check one: \_\_\_ 5K Run \_\_\_ 2 Mile Walk \_\_\_ Kids Fun Run:12 & Under  
 \_\_\_ Virtual Walker/Runner (T-shirt included) \_\_\_ Volunteer

Name: (First) \_\_\_\_\_ (MI) \_\_\_\_\_ (Last) \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_  Male  Female Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

I know that running/walking 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 race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in this event including, but not limited to: falls, contact with other participants, the effects of the 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 Tri-Cities Road Runners Club, the County of Henrico, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant full permission for organizers to use photographs and/or video of myself and all listed dependents, and/or quotations of myself and all listed dependents, for legitimate accounts of this event. This is a road race conducted under the rules of USATF. In consideration of the safety of all participants, **NO baby joggers, baby strollers, headphones, animals on leash, skateboards, and skates.**

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

Parent/Guardian Signature (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

### Entry Fee:

\$15 received by Aug. 13 ..... \_\_\_\_\_  
 \$20 Registration after Aug. 13 ..... \_\_\_\_\_  
 \$25 Virtual Walker/Runner by Aug. 13 ..... \_\_\_\_\_  
 Additional Donation (optional) ..... \_\_\_\_\_  
**Total Enclosed** ..... \$ \_\_\_\_\_

Adult t-shirt size (circle one):

**S M L XL XXL**

I am a survivor!  
 I am participating in the name of \_\_\_\_\_

If you are mailing your entry, please make entry fee check payable to Movin and Groovin. Mail completed entry form(s) with payment to:

Movin' & Groovin' 5K  
 c/o Mike Levins  
 3811 Custis Road Richmond, VA 23225

**For pledge program and additional information,  
 please visit [www.movinandgroovin5K.org](http://www.movinandgroovin5K.org)  
 or call (804) 233-8453.**

Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans of Virginia, Incorporated (serving Virginia excluding the city of Fairfax, the town of Vienna and the area east of State Route 123). Independent licensee of the Blue Cross and Blue Shield Association.