

10th ANNUAL
SunTrust Mortgage
LIBERTY 5K
AND KIDS MILE



Wednesday July 4, 2007
8:00 AM Sharp!

- LOCATION:** Jim Barnett Park in Winchester, Virginia. Winchester is approximately 12 miles from Berryville, 25 miles from Front Royal and Martinsburg, and 75 miles from Washington DC.
- COURSE:** The USATF-certified 5K course consists of a single loop around Jim Barnett Park and through the grounds of Shenandoah University using roads and sidewalks. There are four moderately steep hills. There is a 45 minute time limit.
- AWARDS:** Awards will be given to the top three men and women overall, first place male and female Masters (40 and over), and first place male and female Grand Masters (50 and over). Awards will also be given to the top three in the following age groups: 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64 and 65 & over.
- KIDS MILE & FUN RUN:** Kid's races will be held immediately following the race! The Kid's Mile is open to children ages 6-12. Awards for the Kid's Mile will be given to the top two males and females in the following age groups: 6-8, 9-10, 11-12. A 100 yard dash will be open to children ages 2 to 5. The top male and female in this race will win an award.
- ENTRY FEE:** 5K entry fees: \$14.00 for SVR members or \$15.00 for non-members if postmarked by June 21, 2007 \$17.00 for all on race day. Kids Run fees: \$10.00 if received by June 21, 2007; \$12.00 if received thereafter. T shirts will be available on a first-come basis.
- RACE DAY:** Registration and packet pick-up will be from 6:45 to 7:45 AM. Show up early to make sure you get a t-shirt!
- QUESTIONS:** Contact race directors Rosie Schiavone at (540) 667-0252 or Sharon Farinholt at (540) 665-9434, or visit our Web site at www.svrrunners.org

Random prizes! Refreshments! Participants can stay and swim at the Jim Barnett Park for a discounted rate!

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Please make checks payable to:
"Shenandoah Valley Runners" and mail to:
Rosie Schiavone, 1040 Breckinridge Lane, Winchester, VA 22601

Name: _____ Sex: M / F Age as of 7/4/07: _____
Address: _____ Phone: _____
City: _____ State: _____ Zip: _____ Race (Circle one): **5K Kids Mile Fun Run**
Shirt Size (circle one): **Adult:** S M L XL **Kids:** M L **SVR Member?** Yes No

Waiver: In consideration of your accepting this entry, I do here by release the sponsors of the SunTrust Liberty 5K Race, jointly and separately, from any and all liability for illness, injury, and damages I may suffer as a result of my participation in this event. I understand the sponsors may use my name in the publicity and promotion of this event.

Signature (Parent's signature if under 18): _____ Date: _____