

10K Run/Walk-a-thon

October 17, 2009

The Friends of Buckingham County Rec. Dept. will be holding their 2nd Annual Race to Beat Breast Cancer 10K Run/Walk. This event will begin and end at the Buckingham County High School track on Saturday, October 17. Proceeds from the registration will benefit the Gene Dixon Park Expansion and all pledges will aid Central Virginia Community Health Center to help with the fight against Breast Cancer. T-shirts will be provided for the first 150 registered participants. The entry fee for the race is \$20. Pre registration packets can be picked up at the spaghetti dinner at Buckingham County Middle School on Friday, October 16 from 5 p.m. - 7 p.m.

Registration and packet pickup on race day registration will be at the Buckingham County High School track from 7:00-8:00 a.m. on Saturday, October 17. Race will begin at 8:00 a.m.

Children ages 12 and under that do not wish to participate in the 10K will be able to participate in a ½ or 1 mile race on the Buckingham County High School track beginning at 11 a.m., after the 10K run/walk-a-thon. Children may advance register (see the children's race flyer for more details) or they may register on race day beginning at 10:30 a.m. at Buckingham County High School Track.

All entry fees are non-refundable.

Make registration checks payable to:

Friends of Buckingham County Rec. Dept.

Make pledge checks payable to:

Central Virginia Community Health Center

Mail To:

Friends of Buckingham County Rec Dept. 10K

General Delivery

Buckingham, VA 23921

All children's events will take place on the Buckingham High School track beginning at 11 a.m. Activities will include music donated by Big Country 105.3, a stew sale sponsored by Friends of Buckingham County Recreation Department, various food sold by area churches, door prizes, pumpkin carving, clowns, and face painting as well as many other children's activities.

A Pre-Race Spaghetti Dinner and packet pick-up will be held at the Buckingham County Middle School on Friday October 16, 2009 from 5-7 p.m. Dinner includes spaghetti with tossed salad, dessert and beverage for only \$8.00. Prepared by United Methodist Women's Group.



2nd Annual Friends of Buckingham County Rec. Department 10K (6.2 miles) Run/Walk-a-thon and Fundraiser To Beat Breast Cancer



Saturday, October 17, 2009

For more information, contact
Todd Shumaker or Tammy Charlton
at (434) 969-4242 or visit
www.buckinghamcountyva.org



Sponsor Pledge Sheet

All checks for pledges should be made payable to Central Virginia Community Health Center.

Name _____ Team Name (if applicable) _____
 Street address _____
 City _____ State _____ Zip _____
 Phone Number (_____) _____
 E-mail _____

	Name	Street Address	City	State	Zip	\$ Pledged
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
					Total	\$

If more space is needed to list pledges, please make copies of this form and staple together to turn in.

Sign-up Form

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____
 E-mail: _____
 Age Group: 1-19 20-29 30-39 40-49 50-59 60-99
 Gender: M F T-Shirt Size: S M L XL
 Emergency Contact: _____
 Phone #: _____

Declaration of Authenticity Contract and Waiver

Please read the following statement carefully. To participate, you must sign and return with your application. I do hereby waive the Friends of Buckingham Rec. Dept., any sponsors or fellow participants, from any liability due to personal injury, loss or damage to any property that may occur during the 10K. I give the Friends of Buckingham Recreation Department and Central Virginia Health Services, Inc. permission to use photos or video footage taken during the event for promotional purposes.

Signature (parent or guardian if under the age of 18) _____

Date _____

Entry Fee

Early Bird Registration - first 150 to sign-up before 10/2/09 will receive a Free T-shirt. Entry fee - \$20 per person.

*Make registration checks payable to:
 Friends of Buckingham County Rec. Dept. 10K
 Mail to:
 Friends of Buckingham County Rec. Dept. 10K
 General Delivery
 Buckingham, VA 23921*

_____ Number attending Pre-race Spaghetti Dinner \$8 per person payable at dinner on Friday, October 16, 5:00 - 7:00 PM, Buckingham Middle School.