



2008
THE PHIL ROBINSON
VIRGINIA NATURALLY 5K
9TH ANNUAL RACE



SATURDAY, SEPTEMBER 20, 2008
8AM UNTIL 8:45 REGISTRATION
9AM START
PONY PASTURE RAPID
ALONG THE JAMES RIVER PARK SYSTEM IN
RICHMOND, VIRGINIA

Walkers and Teams Welcome!

To register, complete form below, enclose check payable to: Virginia's Environmental Business Council (VEBC) and mail to:

Virginia's Environmental Business Council
 c/o Brenda Robinson or Elaine Sturman
 10625 Patterson Ave. Richmond VA 23238
 Phone: 804-740-5605

Or, you can register online at:
www.active.com/event_detail.cfm?event_id=1512057



Sponsorships and Donations, please contact Brenda Robinson at 804-740-5605 or Brenda.Robinson@envirsol.com.

Name: _____ Age on Race Day: _____

Address: _____

City / State: _____ Zip: _____ Gender (circle) M F

Email: _____ T-Shirt Size (circle) M L XL

\$20 Pre-Registration by September 18th; \$25 Registration After September 18th

I know that running a trail race is a potential hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by all decisions of the race officials relative to my ability to complete the run safely. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and humidity, trick footing in general, 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 Richmond Road Runners, the City of Richmond, VEBC and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. In consideration of the safety of all participants, I understand that absolutely no baby joggers, baby strollers, headphones, animals on a leash, skippy material are allowed on the course. In addition I understand that if the race is canceled by circumstances beyond the control of the organizers, my entry fee will not be refunded.

SIGNATURE:

/(if under 18 years of age parent or guardian Sign here)
