

Potomac River Running Twilight Festival Festival FOUR MILER

5th Annual Potomac River Running Twilight Festival 4-Miler & 1-Mile Fun Run

presented by
Lansdowne Private Wealth Management

Lansdowne
PRIVATE WEALTH MANAGEMENT



Saturday, June 19, 2010 • 7:00 PM Start {1-Mile Fun Run follows at 7:05} • **Ashburn, VA**

The fifth annual Potomac River Running Twilight Festival 4-Miler, presented by Lansdowne Private Wealth Management, kicks off on Saturday, June 19, in Ashburn, VA. The fast course and evening start make this a unique event you won't want to miss! Come for the race. Stay for the party! Enjoy the rare opportunity to race the 4-Mile distance and celebrate post-race at the finish line festival. Come out to enjoy live music by classic rock band the Sock Monkeys, recovery food and drink, hot food from Moe's Southwest Grill, beer, moon bounces and other children's activities, and more. Bring the family to the festival!

Some of the net proceeds will be donated to the Leukemia & Lymphoma Society while other funds will be used to continue the PR Award for Excellence, an annual scholarship for a deserving area High School runner.

Registration & Packet Pickup

Register online at www.twilightfourmiler.com. It's fast, easy, and you will receive immediate confirmation of your entry. Alternately, you may mail the completed entry form, or fax to (703) 421-6402. You can also register for the race and pick up your race packet at the following locations:

Thursday, June 17, 4 PM • 8 PM

Lansdowne Private Wealth Management — 44084 Riverside Pkwy #120, Lansdowne, VA 20176 (703) 724-9499

Friday, June 18, 4 PM • 8 PM

Potomac River Running Store — Ashburn 20630 Ashburn Rd., Ashburn, VA 20147 (703) 729-0133

Saturday, June 19, 5:00 PM - 6:45 PM

Race Staging Area Outside Gold's Gym — Ashburn 20099 Ashbrook Place (just off Lexington Drive off Route 7), Ashburn, VA 20147

High School Team Registration Challenge – Help Your Local School!

Area High School Track and Cross Country Teams are invited to compete in the High School Team Challenge. We challenge you to recruit as many people to participate in the race as possible — run yourself, motivate your family members, friends, classmates, neighbors, etc. The entry form includes a space for registrants to indicate their support of your school. The team with the greatest number of registered participants will receive equipment for the fall season. Runners, affiliate yourself with your local team!

Registration Fees

4 Miler Registration Fee:

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|-------------------------------------|-------------------------|
| Early Bird (through May 1) | \$25 |
| May 1 through Packet Pickup June 18 | \$30 |
| Race Day | \$35 |
| Fun Run Registration Fee | \$20 (\$15 w/out shirt) |

Register online at www.twilightfourmiler.com, or you may pay by check, money order or Visa/Mastercard

Make checks payable to: Potomac River Running, Inc. • **Fax:** (301) 840-2043 (credit card required)

Mail to: PRR Twilight Festival 4-Miler, c/o Capital Running Company, 15739 Crabbs Branch Wy, Rockville, MD 20855

PLEASE NOTE: We cannot process your application unless the liability waiver at the bottom of this application is signed by each entrant. If entrant is under 18, an adult must sign on his or her behalf.

Name _____ M/F _____ Age on Raceday _____
 Address _____ City _____ State _____ Zip Code _____
 Phone (____) _____ E-mail _____ ChampionChip Number: _____

I'm running as part of the local HS Team Registration Challenge (list school name): _____

I'm running as part of the Team Challenge (list team name): _____

Payment

4 Miler: Early Bird through May 1, \$25; May 1 through June 18, \$30; Race Day, \$35. **Fun Run:** \$20; \$15 w/out shirt

Form of Payment: check; money order; Visa/Mastercard #: _____ Exp. date(mm/yy): _____

Total Amount Paid: \$ _____ **Shirt Size Adult:** (circle) S M L XL **Fun Run Shirt:** (circle) Youth S M L XL

I know that running can be a hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running, including, but not limited to, falls, weather conditions including high heat and/or humidity, contact with other participants, the effects of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I for myself and anyone entitled to act on my behalf, waive and release Potomac River Running, Inc., Capital Running Company and all event partners, sponsors and volunteers, their representatives and successors from all claims or liability of any kind arising out of my participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, or other record of this event for any legitimate purpose without compensation to me. For safety reasons, I agree not to officiate with any of the following: wheelchairs, strollers, baby joggers, skates, pets or headsets. I understand that there are no refunds should severe weather cancel the event.

signature _____ date _____

signature of parent /guardian if under 18 years of age _____ date _____