

12th Annual
Mark Wilson 7k Run

2 Mile Walk

1/2 Mile Kids Fun Run



Presented by Costen Floors

September 8, 2007 ♦ 8:30 am ♦ W.M. Jordan Building

Register online at www.RRRC.org

708 Bainbridge St.
Richmond, VA 23224

A new challenging 7k course takes in all the scenes of downtown Richmond, plus a few trails including Canal Walk, Brown's Island, Belle Isle, and the Flood Wall. Additionally, there are two stair climbs. Race starts at Commerce and Bainbridge Streets. The Annual Mark Wilson Run celebrates the life of Mark R. Wilson, a Richmond native and former Navy SEAL. The Run funds the annual Mark R. Wilson Scholarship Fund at VMI, awarded to a VMI cadet based on need.

2007 race offerings include:

- 7k Run (starts at 8:30 am)
- 2 Mile Walk (starts at 9 am)
- 1/2 Mile Kids Fun Run (for children 8 and younger)
- Tailgate Party after the Race (free for participants and kids)
- T-shirt for first 300 Registered Runners/Walkers
- Prizes, drawings, and activities for kids!

Please fill out form completely, detach here, and return with payment.

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Age on race day: _____ Gender: M / F Shirt Size (circle one): small medium large x-large xx-large

- 7k Run / 2 Mile Walk (Please enclose a check for \$20 on or prior to 8/15/07, or \$25 thereafter.)
- 1/2 Mile Kids Fun Run (Please enclose a check for \$10.)
- I can't run but will be at the tailgate party (Please enclose a check for \$10/person. Participants and kids eat free.)
- I can't run but would like to make a tax-deductible donation



Make checks payable to the **VMI Foundation** for the **Mark Wilson Scholarship Fund**
Mail check and registration form to:
P.O. Box 6657
Glen Allen, VA 23058



Race Waiver: I know that running 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 road race official relative to my ability to safely complete the run, but I understand that I am primarily responsible for my own safety. I assume all risks associated with running this event, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or 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 Richmond Road Runners Club, the Road Runners Club of America, the City of Richmond, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. This is a road race conducted under the rules of USATF and RRCA. In consideration of the safety of all participants, I agree not to use any of the following while participating in this event: baby joggers, baby strollers, headphones, animals on leash, skateboards, inline or roller skates, or bicycles.

***Signature _____ Date _____

Parent Signature (if under 18) _____

