

**Saint Francis Home 2K Walk/5K Run
Saturday, June 19, 2004**

Saint Francis Home is a charitable organization established in South Richmond in 1973 to offer quality assisted-living care for community's low-income elderly and disabled, regardless of creed, race, color, gender or the ability to pay. The Home cares for 63 residents, but is in the midst of constructing a 43-bed addition to its facility which will be ready for occupancy in September 2004. All proceeds to benefit Saint Francis Home.

Place: Parking at Legend Brewing Company, 321 W 7th St, located south of the James River. Go south on the Robert E. Lee Bridge (starts out as Belvidere St), take a left turn onto Semmes Avenue, continue until the street comes to T-stop (7th St), turn right.

Time: 8 a.m. 5K road race; 8:15 a.m. 2K walk

Course: Start will be between Perry St and Porter St (cross streets) on West 7th St
Finish will be in the parking lot at east side of Manchester Bridge, south side of the James River. 5K will require 2 loops.

Fees: \$5 on or before Saturday, June 5; \$10 after Saturday, June 5
Registration on race day begins at 6:30 a.m., refreshments provided post race
Please make checks payable to Saint Francis Home

Awards: Top 3 Male & Female overall; ribbons to top 3 (M&F) in each Age Group

Print Name: _____ Age on Race Day: _____

Address: _____ Race # (office use) _____

City, State, Zip _____ Gender (circle) M F

Amount enclosed \$ _____ I am running (check) _____/walking _____

I am unable to participate in the event, however I would like to make a tax-deductible donation of \$ _____ to Saint Francis Home

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. 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 the waiver and knowing these facts, and in consideration of your accepting the entry, I, for myself and any entitled to act in my behalf, waive and release the Saint Francis Home, the Richmond Road Runners Club, the City of Richmond, all sponsors, their representatives and successor from all claims or liabilities of any kind arising out of my participation in this event 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, recording or any other record of this event for any legitimate purpose. In consideration of the safety of all participants, no baby joggers, baby strollers, headphones, animals on leash, skateboards, in-line or roller skates or bicycles allowed.

Signature: _____ Date: _____

If under 18, Parent's signature _____ Date: _____

Please complete a separate registration and waiver for each participant and mail to Kim Moore, Attn: St Francis Race, 2007 W. Grace St., Richmond, VA 23220-2003. If mailing, postmark by Thursday, June 17 to insure receipt. Questions-(804) 358-0935 or email <luvs2cycle@yahoo.com>