

Entry Form – Please Print

Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Running Time: _____

Age on 6/18: _____

Names & Ages of Children Participating in Program:

Email: _____

Phone: (C) _____

(H) _____

Gender: () M () F

Adult T-Shirt Size:

[] S, [] M, [] L, [] XL, [] XXL, [] XXXL

Waiver – Please Read and Sign:

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 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 contact with other participants, effects of the weather including high heat and/or humidity, traffic, and the condition 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 Capital Baptist Church, RacePacket, Inc., PVA, USAITF" to "RRCA, and any other sponsors and their representatives and successors from all claims or liabilities of any kind arising out of my participating in the event even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, or any other record of this event for any legitimate purpose.

Signature _____ Date _____

(Parent's Signature if under 18)

When and Where:

Saturday June 16th, 2012 at 9:00 a.m.

Capital Baptist Church Annandale, Virginia

Classic Course: A 3.1 mile USATF certified moderate hills course loop through the beautiful residential streets in Annandale.

Entry Fee:

\$20 thru June 14th or \$25 after.

All entrants will receive an official T-Shirt and a delicious brunch.

Register By Mail or Online:

Capital Baptist Church

Att: Losing to Live 5K

3504 Gallows Road

Annandale, Virginia 22003

Make checks payable to: Capital Baptist Church

Online credit card registration at WWW.CAPITALBAPTIST.ORG

Raceline: (703) 560 - 3109 Ext. 111

Great Prizes and Post-Race Brunch:

Join us after the race for a healthy brunch.

The top three women and the top three men overall and 10 year age groups will receive awards at the finishing rally brunch. Times will be recorded by Race Packet, Inc.

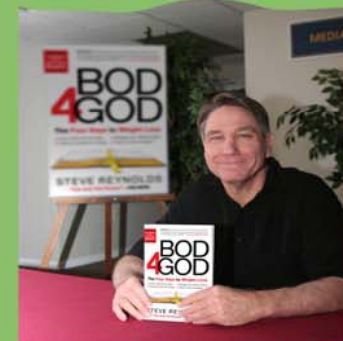
(Transponder Timing) and posted on their website. This race is a part of the 2012 RacePacket Grand Prix series, and full results will be mailed to all finishers.

Benefiting A Fantastic Cause:

Losing to Live helps people achieve a healthy lifestyle and overcome obesity.

Easy Access: This convenient location is just minutes from your house at 3504 Gallows Rd., 1/2 mile inside the I-495 Capital Beltway at exit 51.

Race Entry: Spectators welcomed to watch and cheer on the runners.



Special Speaker:

Pastor Steve Reynolds has lost over 110 lbs. He's the creator of the Bod4God lifestyle and the Losing To Live health movement.

"Anti-Fat Pastor" Fox News

Kids Town Presents:

TEAM CHALLENGE

Fun for all!

All children can participate in a non-competitive free 1K fun run. The Fun-Run starts at 8:30 a.m.

All preschool children must be accompanied by a parent after the 1 K race.

Special K-6th grade program during the 5K race.

Packet pickup and late registration at: Metro Run & Walk 7261 Commerce St. Springfield, VA 22150 (703.913.0313) from 4 to 7pm on Friday, June 15th or on "Race Day" at Capital Baptist Church on June 16th between 7:15 a.m. - 8:45 a.m.



Help Sponsor This Event

Losing to Live 5K Sponsor Benefits

GOLD (minimum \$1000 value)

Logo on T-Shirt

Prominent sponsor table placement

Logo on race flyer

Sponsor literature in "take away" bags

Verbal recognition at event

2 T-shirts

SILVER (minimum \$500 value)

Logo on T-Shirt

Verbal recognition at event

Sponsor literature in "take away" bags

Sponsor table

2 T-shirts

BRONZE (minimum \$100 value)

Sponsor literature in "take away" bags

Verbal recognition at event

Sponsor table

1 T-shirt

All sponsors are responsible for providing their own literature for bags.

NON-PROFIT ORG
U.S. POSTAGE
PAID
Permitt No. 2188
Merrifield, VA

Losing to Live 5K Run/Walk
3504 Gallows Road
Annandale, VA 22003

Capital Baptist Church Presents:

Losing to Live



RacePacket Grand Prix Series



5k run / walk

Saturday, June 16th, 2012

Race Begins at 9:00 am

Annandale, VA

