

Entry Form (You may make copies for additional entries)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Male _____ Female _____ Age on race day _____

Shirt Size: _____ S _____ M _____ L _____ XL _____

Shirts will not be ordered after December 23, 2010

_____ \$25 adult prior to December 23

_____ \$20 child (17 and under) prior to December 23

_____ \$25 adult after December 23 and race day

_____ \$20 child (17 and under) after December 23 and race day

Please make checks payable to and mail to:

Generations Crossing
3765 Taylor Spring Lane
Harrisonburg, VA 22801

Or go to www.generationscrossing.com to register online

**Runner's Agreement, Waiver,
Release and Acknowledgement**

I know that running/walking 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 this event including, but not limited to: Falls, contact with other participants, the effects of the weather, including water, ice, or snow on the road surface, 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 you accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Generations Crossing and the City of Harrisonburg 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 legitimate purpose.

Signature (parent or guardian if under the age of 18) _____

Date _____

Blue Stone Pediatrics



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Country Mortgages
P.M.C. & Repair, Inc.
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Thanks to all our Sponsors:

Generations Crossing

Caring for children & adults together

First Night 5K Run

3:00 PM Friday, December 31, 2010
Downtown Harrisonburg, Virginia
"All New Chip Timing"



Sponsored By:



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Entry Fee:

Register online at www.generationscrossing.com
 Entry Fee of \$25 for adults and \$20 for children age 17 and under if registration is received on or before Thursday, December 23, 2010.

Entry forms must be received by Thursday December 23, 2010 to ensure receipt of T-Shirt. (Race Day Registration will not include receipt of T-Shirt) Entry fees are non-refundable and non-transferable.

Race Day Registration will take place on Friday, December 31, 2010, 1:00-2:30 at the Harrisonburg Farmers Market/Turner Pavillion.



Entry forms must be received by Thursday December 23, 2010 to ensure receipt of T-Shirt.

All proceeds benefit Generations Crossing. The mission of Generations Crossing is to provide quality, innovative adult and child day care for our economically and ethnically diverse community.

Questions? Call 540-434-4901

IT'S A 'CHIP' RACE NOW!

High Tech Timing System
 Debuts at 2010 Generations Crossing 5K

This year's 7th Annual New Year's Eve 5k road race will feature the exciting new addition of a professional timing system, the same technology used at major racing and cycling competitions throughout the world.

Generations Crossing has contracted with a timing management company that will use computerized disks and specialized software to give runners real time race results. "We decided to take our race to the next level this year," says Jim Watson, race committee chair who researched the timing alternative. The system provides instant race end results and age category reports using a low-cost disposable timing chip that attaches on the runner's bib. Problems created in the past by weather conditions and human error will be eliminated with the new computerized system, Watson adds. Chip racing is the standard in most competitions and will significantly improve the race that, over the years, has shown it can draw an enthusiastic number of competitors for the year-end event. "Moving to a professionally managed timing system was a goal for us to provide runners with the best in timing technology available today," Watson says.

Packet Pickup:

Pre-registered participants may pick up their packets on Friday, December 31st at the Harrisonburg Farmers Market/Turner Pavillion from 1:00 - 2:30 PM.

Pre-registered participants may pick up their packet on Thursday, December 30th at Generations Crossing on Taylor Spring Lane from 8:00am - 6:00pm.

Post Race Celebration:

Food and drinks will be provided to all participants at the end of the run.

Awards:

Following the race, award medals will be presented to the top two or three male and female finishers in each age category. Results will be posted on www.midatlantictiming.com

Race Policies:

Pets must be on a leash. No roller blades please. Strollers and wheelchairs we'

