



Run for Julia 5K

Conducted by Northern Virginia Running Club
to benefit The Julia Campbell Memorial Foundation

Thursday, April 24 – 6:30 pm
Bluemont Park, Arlington VA
601 Manchester Street, corner of Wilson Boulevard

Northern Virginia



www.novarun.com

Julia Campbell was a vibrant 40-year-old Peace Corps Volunteer who was murdered while she was hiking the Batad Rice Terraces in the Philippines in April 2007 while on assignment in the country. She was an avid runner who competed for W.T. Woodson High School and James Madison University. The Julia Campbell Memorial Foundation (www.jcmf.org) was established to provide scholarships to students who demonstrate a desire to serve others and wish to be the change they want to see in the world. This race is dedicated to her memory and spirit.

Course: Out & back on the shady, flat W&OD Trail alongside Four Mile Run creek (southbound)

Parking: On-site, along Manchester Street, and at Ashlawn School – all free

Awards: Top 3 M/F overall

1st M/F by 10-year age group (19&under, 20-29, 30-39, 40-49, 50-59, 60-69, 70&over)

Sponsors: Knight Point Systems, Inc. (www.knightpoint.com)

Ragtime Restaurant (www.ragtimerestaurant.com)

Please join us for drinks after the race at Ragtime Restaurant next to Arlington Courthouse.

Please contact William Campbell (wcampbel@nas.edu) to sponsor this event

Entry Fee: \$18 by March 15 \$25 by April 21 (please do not mail after April 21)

\$20 by April 12 \$30 by April 24 (register on-site 5:30 to 6:15 pm on race day)

\$10 for members of Northern Virginia Running Club (you may join NOVA for \$20)

• Enter on-line at www.jcmf.org or www.active.com/framed/event_detail.cfm?event_id=1539291

• To encourage on-line entry, you will NOT be charged extra on-line -- where it says \$18, you will be charged only \$18!

Information: Call 703-927-4833 or e-mail racedirector@att.net with any questions

Please mail this form to **NOVA, 611 South Ivy Street, Arlington VA 22204**
or enter on-line at www.jcmf.org

By entering this event, I agree, warrant and covenant as follows: I know that running is a potentially hazardous activity. I should not enter or run in club activities 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 in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions 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, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Arlington County Virginia and its elected officials and employees, Northern Virginia Regional Park Authority, Northern Virginia Running Club, Julia Campbell Memorial Foundation, Road Runners Club of America, and all sponsors, their directors, officers, employees, agents; 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 acknowledge that the application fee shall be non-refundable. I agree that Northern Virginia Running Club or Julia Campbell Memorial Foundation may use my name and likeness for publicity purposes.

Signature _____

Date _____

First Name _____ Last Name _____

Gender [M] [F] Age on 4/24/08 [] Birthdate ____ - ____ - ____ (mm/dd/yyyy)

Address _____

City _____ State _____ ZIP _____

Email _____ Phone _____

Northern Virginia Running Club and Julia Campbell Memorial Foundation will keep your personal information private.

- Enclosed is my entry fee of \$____ payable to **NOVA** T-shirt size: [S] [M] [L] [XL]
- I want to join NOVA. Enclosed is my membership of \$____ payable to **NOVA** (you may join NOVA for \$20)
- Enclosed is an additional donation of \$____ payable to **Julia Campbell Memorial Foundation – www.jcmf.org**