



OUR SPONSORS...



Potomac Festival One
14233 Potomac Mills Road
Woodbridge, VA 22192
703-491-4593
www.varunner.com

Remember the happy and good times you all shared. Remember the bright and beautiful young girl for which you all cared. Remember her on the soccer field with the ball you all kicked. Remember Sara in your hearts...forever a Majestic.



Giant Foods
5469 Mapledale Plaza
Dale City, VA 22193
703-590-1200



Papa John's #1682
4814 Dale Blvd.
Dale City, VA 22193
(703) 583-7272

Penny's Used Auto Parts
13059 Minnieville Rd
Woodbridge, VA 22192
703-494-6699



Gold's Gym
12550 Dillingham Square
Woodbridge, VA 22192
703-680-7000
goldsgymva@yahoo.com

New China
14360 Minnieville Road
Woodbridge, VA 22193

Amici's Pizzeria
12623 Galveston Ct.
Woodbridge, VA 22192

All Star Sports
2592 Dynasty Loop
Woodbridge, VA 22192-4631
(703) 490-0337

Sara Lott/Saunders Memorial 5K/1mile Walk/Run

Saturday, April 24, 2010
8:00 AM - 1 Mile Walk
8:30 AM - 5K Run



Proceeds Benefit
Sara Lott Memorial
Scholarship Fund



5K RUN Course Description:

The 5K run starts and finishes on the track at Saunders Middle School. From the starting point runners will proceed right on the marked path behind the school and turn right onto Rhode Island Drive, and then right on Rockinghorse Drive, left on Riverside Drive, left onto Roundtree Road. Runners will then proceed back towards to the school track by turning right onto Rockinghorse Drive and then left on Rhode Island Drive and finish by taking the path leading to Saunders Middle School between 5923 and 5931 Rhode Island Drive.

1 MILE WALK Course Description:

The 1 Mile Walk will start and finish on the track at Saunders Middle School. Walkers will proceed on path behind school and turn right on Rhode Island Drive and go 0.5 miles. Walkers will turn around at the marked cone and proceed the last 0.5 miles back to the school track through 5923 and 5931 Rhode Island Drive. **Walkers will be required to stay on the designated course.**

MOST IMPORTANT...BE ALERT OF ALL TRAFIC!!!

For more information call (703)670-9188 or go to our website at: www.sara-lott.com

Saunders Middle School:

Located on Spriggs Road between C.D. Hylton High School and Hoadly Road Manassas, Virginia

Parking will be available in the designated parking spots at the school (either in the front of the school or on the side near the bus circle)

Runners' Awards:

Top 3 males and females in the following categories: elementary school, middle school, high school, and adult.

Random prizes donated by local merchants will be drawn after the race using runner/walker bib numbers. Must be present to win!

Registration
BEFORE April 8, 2010: \$15
AFTER April 8, 2010: \$20
(Entries after April 10th will not be guaranteed a t shirt)

Mail your entry form with non-refundable fee to:
SARA LOTT 5K RUN & 1 MILE WALK
c/o Saunders Middle School
Attn: Terri Lawson
13557 Spriggs Road
Manassas, VA 20112

Make checks payable to: **Saunders Middle School**

*****PLEASE NOTE – PACKET PICKUP*****

Friday, April 23rd, 2010 (6PM to 8PM) at:
Saunders Middle School
13557 Spriggs Road
Manassas, VA 20112

RACE DAY REGISTRATION – APRIL 24, 2010:

\$25.00 from 7:00 AM to 8:00 AM

>>>>>1 MILE WALK starts at 8:00 AM
5K RUN begins at 8:30 AM<<<<<<

Sign in at the school on the tennis court side of the building.

We will be run/walk RAIN or SHINE!
THERE ARE ABSOLUTELY NO REFUNDS!!!

LAST NAME: _____ FIRST NAME: _____ CITY: _____
ADDRESS: _____ TELEPHONE: () _____ AGE (RACE DAY): _____ BIRTHDATE: _____
STATE: _____ ZIP: _____ CHECK ONE: 5K ROAD RACE _____ 1 MILE WALK _____ T-SHIRT SIZE (CIRCLE ONE): S M L XL SEX: MALE / FEMALE
SPECIAL CONSIDERATION: YES NO IF YES, EXPLAIN: _____
Waiver: I know that running is a potentially hazardous activity. I will not enter and run unless I am medically able and properly trained. I agree and abide by any decision of a race official relative to my ability to safely complete the run or walk. I assume all risks associated with running this event including but not limited to, falls, contact with other participants, and effects of weather, traffic, and road conditions. All such risks are known and appreciated by me. Having read this waiver, 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 race directors, Saunders Middle School, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. Saunders Middle School Waiver: I hereby waive, release, and hold harmless Saunders Middle School from any and all damage actions, claims, or cause of action for any loss, damage, or injury suffered by me, my family, my guests, or invitees during participation in the program. I also attest that I am physically fit and in good health.
SIGNATURE (Parent if under 18 yrs.): _____ DATE: _____
UNSIGNED ENTRY OR NO FEE WILL RESULT IN RETURN OF ENTRY
For Official Use: _____ Date Received: _____ Race Number: _____