



## POINT OF HONOR 5K

April 4, 2009 9AM

Race #1 of the Lynchburg Road Runners 2009  
Race Series!

Start/Finish: Jefferson Street near Riverfront Park



Course: Out and back on Jefferson Street, Point of Honor Trail, and loop in front of Point of Honor.

Awards: Top three overall male and female; top three male and female in each age group.

Packet Pickup: Friday, April 3, 12-6PM, Riverside Runners, 2301 Rivermont Avenue, Lynchburg, VA 24503 and on race day at race site from 7:45-8:45AM.

Walkers are welcome!  
Door prizes and food!

**Proceeds benefit LifeNet Health &  
Donate Life.**

**April is National Donate Life Month!**

*Go to [www.save7lives.org](http://www.save7lives.org) to sign up to be an organ donor.*

Information: Riverside Runners  
(434) 846-7449

[www.riversiderunners.com](http://www.riversiderunners.com)

Race Director: Kevin Shroyer (434) 665-8046



Donate Life America assists in mobilizing the transplant community to educate the American public on the need for organ, eye and tissue donation and motivating the public to make an actionable donor designation. The organization publishes brochures, program kits and other materials; provides technical assistance and referral services; coordinates the national campaign for organ, eye and tissue donation; identifies measurable best practices and leads the Donor Designation Collaborative.

It is comprised of national organizations and 47 local affiliates across the United States that coordinate donation related activities at the grassroots level.

Donate Life America is a 501(c)(3) organization based in Richmond, Virginia, operating with funds from membership, general contributions, and the United Network for Organ Sharing (UNOS). For further information:

[www.donatelife.net](http://www.donatelife.net)



Founded in 1982 and headquartered in Virginia Beach, VA, LifeNet Health Inc., is a leading biomedical alloengineering organization and organ and tissue donation agency whose mission is saving lives and restoring health.



The Lynchburg Road Runners have been promoting fitness and the sport of running for over 30 years in the Lynchburg community. Race insurance, monthly fun runs, kids races, a newsletter published six times a year, and local running events help us achieve this goal. Membership is open to all ages and abilities. Many local businesses provide discounts to Lynchburg Road Runners Club members. LRR memberships are available at:

Riverside Runners  
2301 Rivermont Avenue  
Lynchburg, VA 24503

For More Information:  
Call (434) 846-7449  
[www.riversiderunners.com](http://www.riversiderunners.com)

or  
[www.lynchburgroadrunners.org](http://www.lynchburgroadrunners.org)