

**WAIVER:**

I know that participating in a road race is a potentially hazardous activity. I should not enter the run/walk unless I am medically able and properly trained. I agree to abide by decisions made by the race officials relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and humidity, traffic and the conditions of the course. 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 the Richmond Road Runners Club, VCU Parkinson's and Movement Disorders Center, the Commonwealth of VA and all other sponsors or directors, their 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 grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other media of this event for any legitimate purpose. This is a race conducted under the rules of the RRRRC. In consideration of the safety of all the participants, no headphones, animals on a leash, skateboards and/or skates will be allowed.

**SIGNATURE**  
(IF UNDER 18, PARENT MUST SIGN)



USE YOUR SMART PHONE TO SCAN AND LEARN MORE

MAIL REGISTRATION FORM TO:  
VCU Parkinson's & Movement Disorders Center  
PO BOX 980539  
Richmond, VA 23298-0539

Mail in forms should be postmarked by April 18 to allow for VCU mail delivery and processing.

The last day to register with this form is May 2, in person, at the pre-race packet pickup location.

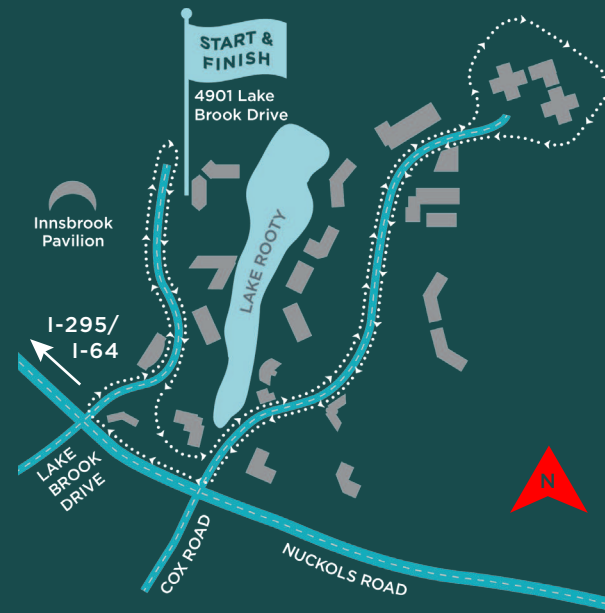


WE'RE THANKFUL FOR THE GENEROUS SUPPORT OF OUR SPONSORS



**THE INNSBROOK RACE COURSE**

4901 Lake Brook Dr. Glen Allen, VA 23060



RACE ROUTE

**ABOUT VCU PARKINSON'S AND MOVEMENT DISORDERS CENTER**

The VCU Parkinson's and Movement Disorders Center is dedicated to the quest to improve the lives of those impacted by movement disorders through interdisciplinary clinical care, translational research, education and outreach. The PMDC team partners with individuals to teach about the disease, improve their condition, and contribute to new knowledge that will benefit other sufferers.

[www.parkinsons.vcu.edu](http://www.parkinsons.vcu.edu)

@MovinShakin5K &

Questions? Call 804.662.5300

**MOVIN' & SHAKIN'**



**SUPPORT THE MOVEMENT**

**BENEFITTING VCU PARKINSON'S AND MOVEMENT DISORDERS CENTER**

[www.parkinsons.vcu.edu](http://www.parkinsons.vcu.edu)

@MovinShakin5K &

**It's more than just a 5K -  
it's the start of a movement!**

This new event provides a wonderful opportunity both for the community and those with a movement disorder, along with their friends and families, to gather and share hope, resources and the joy of movement. All funds raised through the event go directly to the VCU Parkinson's and Movement Disorders Center, a premier model for improving the lives of individuals with movement disorders, their families and the community by commitment to excellence in comprehensive interdisciplinary clinical care, transitional research, education and outreach.

*Your participation will directly support research and services that improve the quality of life for those affected by Parkinson's disease and movement disorders in the Greater Richmond community and beyond.*

*Unite your family, friends and colleagues to raise funds for a better tomorrow for movement disorders.*



DATE:

**SATURDAY,  
May 3, 2014**



START TIME:

**9:00 a.m.**  
arrive by 8:30 a.m.



START ADDRESS:

**4901 Lake Brook Dr.  
Glen Allen, VA 23060**

**\$30 by March 31<sup>st</sup>**

**\$35 April 1<sup>st</sup>-30<sup>th</sup>**

**\$40 on-site**

T-SHIRTS:

**Register by April 15 to be guaranteed a race t-shirt. Participants who register on-site will not be guaranteed a t-shirt.**

PACKET PICK-UP LOCATIONS:

**Friday, May 2nd 4:30-7:30 p.m.  
at VCU PMDC**

**Saturday, May 3rd 7:30-8:45 a.m.  
at Race Location, Snag-A-Job Pavilion**

COURSE TYPE:

**The course is a flat road course winding through Innsbrook Office Park.**

PARKING:

**Parking is available at the race site; please arrive at least 30 minutes prior to race start as road closures may occur for the racecourse.**

RACE AGE GROUPS:

*The age groups will be as follows (for both men and women):*

**10-19 20-29 30-39 40-49 50-59 60-69 70+**

SPECIAL INSTRUCTIONS:

**No animals, in-line skates, skateboards, bicycles, or roller blades/skates please. Strollers at your own risk. Course will take place on a public street and cars may drive on course during race.**

## Mail in Registration

Questions? Call 804.662.5300

LAST NAME:

FIRST NAME:

STREET ADDRESS:

CITY:

STATE / ZIP:

EMAIL:

PHONE:

AGE ON MAY 3, 2014:

GENDER:  MALE  FEMALE

I HAVE LIMITED MOBILITY

I AM IN A WHEELCHAIR

T-SHIRT SIZE:

- SMALL  
 MEDIUM  
 LARGE  
 X-LARGE  
 XX-LARGE

I HAVE READ AND SIGNED THE RELEASE FORM ON THE NEXT PAGE.

- YES  
 NO

**\$30 EARLY SHAKER**  
BEFORE 3/31/2014

**\$35 LATE MOVER**  
BETWEEN 4/1/2014 AND 5/1/2014

ARE YOU PART OF A TEAM?

YES, MY TEAM NAME IS:

NO

***Honor a loved one by creating a sign that will be posted along the race route.***

**\$100 HONOREE / MEMORIAL MOVER & SHAKER**

NAME OF PERSON BEING HONORED:

METHOD OF PAYMENT

CHECK (PAYABLE TO VCU PARKINSON'S & MOVEMENT DISORDERS CENTER)

VISA

MASTER CARD

CREDIT CARD NUMBER:

EXPIRATION DATE:

SIGNATURE:

**Run, jog or walk in the race,  
or join us in spirit as a virtual Mover & Shaker.**



**Event is rain or shine! In the event that you are unable to attend the race, your registration will be accepted as a donation to the VCU PMDC. Thank you!**