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PRIME LENDING



BELLS FINE CLOTHING

Loudoun Street Mile
135 N. Loudoun Street
Winchester, VA 22601

THE 2011 LOUDOUN STREET MILE

Winchester, Virginia

May, 30th 2011

Memorial Day

8:30AM

To Benefit The Laurel Center
(Formerly the Shelter for Abused Women)



Named one of *Runner's World's*
Favorite Races in 2005!

In Memory of Jason Long

The Loudoun Street Mile

Where: Old Town Mall, Winchester, VA

Divisions: Fitness walk, Open Women, Kids' Mile, Open Men, Children's "Tot Trot"

Entry Fee: Walkers – \$10, Mile – \$15, Tot Trot – \$10 Make checks payable to: SVR – Loudoun Street Mile.

Family Package: Families of four or more *immediate family members* can pre-register together for \$50. (Not available online; mail in or walk in registration only.)

SVR Discount: SVR members may deduct \$1 (not available on race day)

Late Registration: There will be a \$5 late fee on race day (\$10 for family package)

Registration and Packet Pick-Up: Register online at SignMeUp.com, or by mail or in person at Runners' Retreat, 135 N. Loudoun St., Winchester. Register/pick up packet during normal business hours starting May 16th or from 7:00-8:15 on race day morning. Tank top or tee shirt (while supplies last).

Course: Start at Blue Ridge Electric at 1604 S. Loudoun Street; Finish line at the Courthouse at 20 N. Loudoun Street.

Parking: On-street parking available on Cameron, Piccadilly, & Braddock Streets. Parking garages on Court Square (on Cameron St.), Braddock St., or Loudoun St. Autopark.

Age Groups: Age groups in 5-year increments to age 49 (39 for women) and in ten-year increments thereafter. Must run proper race for awards.

Course: USATF Certified #VA95003JS.

Race Times:

8:30AM – Fitness Walk

9:00 – Open Women (ages 12 & up)

9:20 – Kid's Mile (ages 6-11)*

Open Men (ages 12 & up):

9:40 – first heat (6:00 min and slower)

10:00 – second heat (sub 6:00)

10:20 – Ages 5 & Under 100 Yd. "Tot Trot"*

*may run separate heats of boys and girls

Prize Money: Open- 1st-\$300, 2nd-\$200, 3rd-\$100. **Masters (40+)** - 1st-\$75. No duplication of awards; must be claimed on race day.

Awards: Awards for top 3 in each age group. Ribbons for all walkers and kids. Numerous miscellaneous prizes from local businesses will be given out. Awards ceremony will take place at The Courthouse at conclusion of last race.



Our Beneficiary: Race proceeds will again support the Laurel Center (formerly The Shelter for Abused Women). The Center's mission is to empower victims of domestic and sexual violence by providing emergency housing, advocacy, support services and education. In 2010 we raised over \$2700 for The Laurel Center.

Website: www.loudounstreetmile.com

Questions: Contact race director Mark Stickley at (540) 665-8394 for additional information.

Note: Baby joggers, headphones, and dogs are prohibited on the course.

In Memory of Jason Long, an Olympic Trials qualifier and sub-4 minute miler who won the 2003 & 2005 editions of the LSM. He was killed tragically in a plane crash on Dec. 31, 2010.

2011 LOUDOUN STREET MILE

Entry for:	Printed Name:	Fee
<input type="checkbox"/> Fitness Walk	_____	\$10
<input type="checkbox"/> Open Women	Address: _____	\$15
<input type="checkbox"/> Open Men	City: _____	\$15
<input type="checkbox"/> Kid's Mile	State: _____	\$15
<input type="checkbox"/> 100 yd Tot Trot	Age: _____	\$10
<input type="checkbox"/> Family Package	Sex: M or F	\$50
(4 or more family members)	Birthdate: _____	
Predicted Time: _____	SVR ? Y N	
	Shirt choice (circle one): Tank T-Shirt; Adult sizes: S M L XL Youth sizes: S M L (T's only)	

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against any of the following: City of Winchester, Old Town Development Board, Mark Stickley, Shenandoah Valley Runners and The Laurel Center and any and all race officials, contributors, sponsors and assigns for any injuries suffered by me in the Loudoun Street Mile. I attest that I am physically fit and have trained for this race. I grant permission to use my photograph or any other record of this event for legitimate purpose.

Signature (Parent/Guardian if under 18) _____ Date: _____ Amt: Pd. _____
 Make checks payable SVR-Loudoun Street Mile