

Forest Lakes Community News

May 2020

IN THIS ISSUE

- Trails and Paths
- Birdhouses & Wildflowers
- Shred Day Rescheduled
- Mobile DMV
- Pool News
- Leash Laws
- Sign Up for Emails!

Dear Forest Lakes Residents,

We hope this letter finds you safe and well during this extended challenge. The Board of Directors continues to meet via video to make informed and carefully thought decisions affecting our neighborhood.

We thank all residents for continuing to do your part by social distancing. We continue to hear of acts of kindness amongst neighbors, and see many people out enjoying the beauty of our trails and lakes. Our appreciation for what we see in our community continues to grow as we weather this crisis together.

We are monitoring and following guidance provided by our state and local authorities as well as from the CDC, and therefore our facilities remain closed for now with the intention of opening them as soon as it has been deemed safe. Our Farmers Market, which was supposed to start at the end of April, will not open until our facilities open. We ask that residents not arrange for vendors to meet on any Forest Lakes common area to deliver food.

We will continue to keep all residents informed of any developments that affect our community. Our staff is available during the week to answer any questions you may have and handle issues that arise. Thank you for your cooperation and understanding.

Stay safe and stay healthy,

FLCA Board of Directors

Derek Duval, *President*
flcapresident@duvalsearch.com

Sue Friedman, *Vice President*
sue_friedman@hotmail.com

Scott Elliff, *Treasurer*
scott@ducardvineyards.com

Jimmy Baranik, *Director*
jbaranik@crutchfield.com

Mike Tubridy, *Director*
m.tubridy@yahoo.com

Dick Billings, *Director*
Dick.billings@gmail.com

Todd McGee, *Director*
Todd@nestrealty.com

Function	Organization/Person	Contact Information
FLCA Site Manager (dues, ARB, common ground maintenance requests, building rentals, pool, and other FLCA issues or questions).	Julia Stinnie <i>Community Group, Inc.</i> Tamera Hammond <i>Community Group, Inc.</i>	1828 Pavilion Circle Charlottesville, VA 22911 (434) 973-4596 manager@forestlakes.net thammond@forestlakes.net
After-hours emergencies involving common areas, buildings or facilities	Community Group Emergency Hotline (call 911 also if necessary)	1-804-254-0427. Follow prompts for Homeowner Services; include your contact info and description.
Arbor Lake, Ashland	Stephanie Crouch <i>Real Property, Inc.</i>	(434) 823-4407 Arborlakesmanager@gmail.com ashlandmanager@gmail.com
Ravenswood and Ravenscroft	Danielle Campbell <i>Real Property, Inc.</i>	(434) 465-6917 ravensmanagerpi@gmail.com
Willow Bend, Worth Crossing	Mark Marshall <i>Real Property, Inc.</i>	(434) 202-1852 willowbendmanager@gmail.com worthcrossingmanager@gmail.com
Springridge	Mark Marshall <i>Real Property, Inc.</i>	(434) 202-1852 springridgeassociationmanager@gmail.com
Gateway Village	Sanjay Suri <i>Community Group, Inc.</i>	(434) 984-0700 ssuri@communitygroup.com
Mailbox Nameplates and Repairs	Dick Billings	(434)960-4999 dick.billings@gmail.com
Soccer Field Reservations	Tamera Hammond	thammond@forestlakes.net
Tennis Pro	Jim Labinski	Tennis Pro Shop (North): (434)974-5567 Cell: (434) 249-6420 Zentennis929@gmail.com 1818 Pavilion Circle, C'ville 22911
Webmaster Forest Lakes Website - www.forestlakes.net	Tamera Hammond	thammond@forestlakes.net
	OTHER CONTACTS	
Drivers/Car Licenses	Virginia Department of Motor Vehicles (DMV)	866-368-5463/www.dmvnow.com
Electricity	Dominion Virginia Power	(888) 667-3000
Roads & Signs, Snow Plowing	Virginia Department of Transportation (VDOT)	1-800-FOR-ROAD/800-367-7623
Trash Removal	County Waste	(434) 296-6000
Water and Sewer	Albemarle County Service Authority	(434) 977-4511
Gas	City of Charlottesville	(434) 970-3211
Albemarle County Police Non-Emergency		(434) 977-9041

Keeping in the Loop

OUR TRAILS AND PATHS – REMEMBER, “WHEELS YIELD TO HEELS”

Thanks to everyone for taking their part in social distancing while using our trails and walking paths. As most of you have noticed, they are more crowded than normal these days. Please continue to respect everyone’s “space” while social distancing. Below are guidelines put forth by the International Bicycle Fund for all to read and to help keep our multi-use, non-motorized paths safe for everyone. PARENTS, please go over these guidelines with your independent bike riding children. Many residents have reported getting “run off the path” by groups who race past them.

Be Courteous. All trail users, including bicyclists, joggers, walkers, wheelchairs and skateboarders should be respectful of other users regardless of their mode, speed or level of skill.

Be Predictable. Travel in a consistent and predictable manner. Always look behind before changing positions on the trail.

Don’t Block the Trail. When in a group or with your pets, use no more than half the trail so as not to block the flow of other users.

Keep Right. Stay as near to the right side of the trail as is safe, except when passing another user.

Pass On The Left. Pass others, going your direction, on their left. Bikers, use hand signals to alert those behind you of your moves. Look ahead and back to make sure the lane is clear before you pull out and pass. Pass with ample separation and do not move back to the right until safely past. Give an audible warning before passing (“passing on your left” or a bell work well). REMEMBER: Wheels Yield to Heels!

Stopping. When stopping, move off the trail. Bikers beware of others approaching you from behind and make sure they know you are pulling over.

Obey All Traffic Signs And Signals. Use extra caution where trails cross streets. Stop at all signs and intersections and be cautious when crossing driveways. When entering or crossing a trail yield to traffic on the trail.

Use Lights At Night. Be equipped with lights when using a trail at any time from dusk to dawn. Bicyclists should have a white light visible from five- hundred feet to the front and a red or amber light visible from five-hundred feet to the rear. Other trail users should have white lights visible from two-hundred fifty feet to the front, and a red or amber light visible from two-hundred fifty feet to the rear.

Clean Up Litter. Do not leave glass, paper, cans, plastic, or any other debris on or near a trail. If you drop something, please remove it immediately. Please pick up after your pets.

Our paths are intended for foot and non-motorized traffic only.

BLUEBIRDS AND WILDFLOWERS

Some of you may have noticed some bluebird houses on our common areas. Recently, there were 6 bluebird houses positioned along our walking paths. Four are in Forest Lakes North and 2 are in South. Hopefully we’ll see some nesting in these houses soon!

There has also been a “test” wildflower field planted between the Ridgefield and Echo Ridge neighborhoods, along Watercrest Drive. It looks as though some of the plants are starting to emerge!

Continued on next page

Keeping in the Loop, Continued

We're hoping for the best – shortly after the field was planted, we got 2" of rain, which shifted the seeds...let's keep our fingers crossed!

GARDENING IN FOREST LAKES

We have recently added 12 new garden plots to the south gardening facility for a total of 50 plots available to residents. If you'd like to get on the list to obtain one of these plots in the future, please email the office at manager@forestlakes.net. We'll be sure to put you on the list!

MOBILE DMV IN FOREST LAKES – TUESDAY, JUNE 23RD

As of now, the June 23rd visit is still scheduled. We will update via E-News and newsletter if this date is cancelled. Future dates scheduled are: August 18th, October 20th and December 22, 2020.

FOREST LAKES SHRED DAY – RESCHEDULED TO JULY 17TH

Forest Lakes Shred Day has been rescheduled for Friday, July 17th from 10am-2pm at the North Pool parking lot. You may bring your items to shred anytime between those hours.

FOREST LAKES POOL AND SWIM LESSONS

We are all hoping the pools will be opening at least "somewhat" on time this summer! Residents will continue to be informed via E-News (are you signed up?) and the newsletter. Mailers with pool cards will be mailed out before pool opening – we will keep you informed of this timeline as well.

The tentative swim lesson schedule is in this newsletter. If you would like to contact our swim instructor, Kris Galione, via email with questions you may do so at krisgalione@yahoo.com.

ALBEMARLE COUNTY LEASH LAWS – IN EFFECT IN FOREST LAKES

As many of you may know, Albemarle County has changed their leash laws. Dogs must now always be on a leash when off their owner's property. Forest Lakes Rules and Regulations will also reflect this new law. The only exceptions to this are dogs in fenced in yards. Electric fences are considered fenced-in. Thank you to all dog-owners for leashing their pets – and for picking up after them!

PLEASE REMEMBER TO LOCK YOUR CAR DOORS

A friendly reminder that if your car is left in your driveway or the street, please remember to lock the doors. Don't leave anything of value in your car. Locked car doors seem to not interest pilferers who happen to be wandering by. For good measure, leave your streetlamp on at night as well!

ARE YOU SIGNED UP FOR OUR EMAILS?

There are about ONE HALF of our households who are not signed up! Which half are you in? It's easy get on the list. Either go to our website at www.forestlakes.net and sign up there or call the office at 434.973.4596 and they'll do it for you! Be an informed resident!

Neighborhood Notes

FLCA MONTHLY BOARD MEETING

The next regular Board Meeting will be on Wednesday, May 27th at 6:00pm. Currently, board meetings are being held virtually. If you would like to receive info for how to join the meeting for audio only, please contact the office at 434.973.4596. The agenda for the meeting is available one week prior to the meeting at the association office and on the website. Please note that the topics for the meeting can change.

ACTIVITIES ON HOLD

Until further notice, meetings for Card Crafters, Yoga, Book Club and Bible Study are on hold. The JMRL bookmobile will continue services once libraries are open again. The Forest Lakes TGIF and Earth Day Clean up will be held at later dates to be announced.

BABYSITTER AND PETSITTER LIST

The FLCA office has a list of babysitters and petsitters that are Forest Lakes residents – for Forest Lakes residents. If you would like a copy, please call the office! If you'd like to be put on the list, please email Tamera at thammond@forestlakes.net.

FOREST LAKES COMMUNITY ASSOCIATION

The FLCA office is currently accepting **phone calls only**.

In-office appointments are available if needed, all CDC protocols will be followed.

Hours remain Monday–Friday, 9am–5pm. | 434-973-4596



Forest Lakes Swim Lesson Program

Summer 2020 Registration Date to be Determined

Swim Lessons are for Forest Lakes residents only. Classes are held at the North Pool in the morning and the South Pool in the evenings.

You may sign up for any class, any session at Registration

Session 1: June 15- June 26

Level 1 10:00 am; 11:10 am; 5:05 pm;
Level 2 10:35 am; 4:30pm; 5:40pm
Level 3 11:45 am; 6:15pm
Level 4 12:20pm

Session 2: July 6- July 17

Level 1 10:35 am; 11:45 am; 4:30 pm
Level 2 11:10 am; 5:05pm
Level 3 10:00 am; 5:40pm
Parent/Child class 6:15pm

Session 3: July 20- July 31

Level 1 10:35am; 5:40pm
Level 2 10:00 am; 5:05pm;
Level 3 11:10 am; 4:30 pm
Level 4 11:45am

*Based on demand additional classes may be added

Level 1 (3 years and up) First class without a parent. Skills include floating, kicking, bobbing, arm movements, breath control, rolling over and safety. All skills are done with support.

Level 2 (3 years and up) Must have completed Level 1 skills. Skills emphasized are rhythmic breathing, unsupported front/back floats and glides, finning, front crawl, elementary backstroke and safety.

Level 3 (4 years and up) Must have completed Level 2 skills. Skills emphasized are front crawl with breathing to side, backstroke, treading water, butterfly kick, scissor kick, survival float and diving.

Level 4 (5 years and up) Must have completed Level 3 skills. Skills emphasized are deep water bobbing, breast stroke, sidestroke, backstroke, butterfly and endurance in front crawl and elementary backstroke

Parent/Child Class

For ages 6 months through 3 years. A great first class! Emphasis on water adjustment, safety and supporting movements through the water including jumping in and beginner forms of propulsion.

Class size: minimum 5 children, maximum 12

Late registration: Sign up books with listings of open classes will be available at the lifeguard tables at the pools beginning on Sunday, May 24th. You may contact Kris Galione at 409-3352, after May 23th to register.

Swim lessons are taught in **two-week sessions** consisting of eight half-hour classes each session, Monday thru Thursday (Friday make up). There are two built-in make-up days per session in case of inclement weather.

Semi-private classes will be offered if there are less than 3 children registered for a class. **Private lessons are available for children and adults anytime once the pools are open.** Private lessons are \$30 for 30 minutes for one child. Add \$5 per additional child per lesson.

Class size: Minimum 3 children; maximum 6 children (except for parent-assisted classes)

Cost: Cost per child per session is \$75.

MAY, 2020

Dear Forest Lakes residents,

What a Spring tennis season this has turned out to be! Coronavirus has put quite the kibosh on—not only tennis—but life as we know it.

In the absence of tennis playing (not to mention school, work, etc.), I hope everyone is staying healthy and sane. I want to thank everyone for being understanding and cooperative when the FLCA Board restricted play to the South Courts, and subsequently, all the courts on April 4. The full halt to tennis was at the recommendation of the United States Tennis Association. The FLCA Board concurred with that recommendation.

When the courts were open, it was awesome to see how many people came out to play. With limited options for exercise and fun during quarantine and social distancing, many of you were “rediscovering” how awesome tennis is!

I want to thank the residents that continued to support my instruction by taking private, semi-private, and family lessons during March and part of April.

No Excuses! Get out there and do something!

Of course, I miss tennis a lot. It has been my life since I received a Wilson Champ wood racket on my First Communion. I’m still hitting tennis balls on a daily basis, but I don’t think playing with my Airedale terrier, Maya, counts as “tennis training.”

For many people, tennis playing IS your source of exercise and well-being. I know hitting balls against your garage door is not as fun as playing with your doubles group. That’s why I urge all tennis players to take up some complimentary cross training to take the place of their favorite sport.

I have tried to replace the tennis playing, teaching and training with other physical activities. The home gym and dumbbells have been dusted off and I have “rediscovered” weight training. For tennis players, I recommend long sets (30 reps, 25 reps, etc.) of light weights, three or four sets. Keep to the basics! Valuable advice: Don’t injure yourself doing something outside of your main sport! I’m mainly trying to strengthen my shoulder (which had major surgical repair a few years back). If I gain a little more power on my strokes—bonus!

When I first moved to Virginia back in the eighties (yes, the eighties!) one of my favorite ways to enjoy the mountain views was on the saddle of my (then new) touring bike. Since then, I have dabbled in cycling—even buying a couple new bikes along the way to further coax me into training. It didn’t work. Tennis and life’s commitments got in the way and the bikes gathered cobwebs in the garage.

Enough waffling! No excuses! I took to the hills and trails of Wintergreen Stony Creek on my bicycles. I started out very hesitantly. I knew I was in “tennis shape” but how would I handle rigors of more intense cardio? The first few times wiped me out, but I enjoyed the challenge.

With the motivation of my Garmin fitness watch, I am really getting into the cycling. Even though I would much prefer being on the court, I hope to use the cycling to build my cardio endurance and improve my overall leg strength. I have always felt that a strong lower body is the basis for good tennis performance.

I can understand that tennis players may be apprehensive about making the commitment to better fitness. What have you got to lose? Who knows when we'll be returning to the courts? Get to it!

When will we be returning to the courts? And what will it be like?

As part of my United States Professional Tennis Association requirements for continuing education credits, I periodically attend coaching conferences and seminars, view instructional videos, and the like. During this layoff, I have had plenty of time to take in a few free webinars online. Here is some of what I've learned:

Some of you will be very eager to return to the courts. Others will be apprehensive to return, while still others may stay away longer. Everyone will re-incorporate tennis back into their lives as they see appropriate. But before we go rushing back onto the courts, we will make sure that the playing public and the general public are not put back in harm's way because of tennis.

What do we have to do to return to the courts? What will a lesson look like? Will league play ever resume?

While tennis is one of the safer activities in which to participate, it won't be business as usual. As the court squeeze of late March and early April has shown us, the court reservation policy worked fairly and efficiently. Non-resident play was non-existent. Walk-on traffic was nearly non-existent as well since all the courts were booked most of the available times. I foresee continued use of the court reservation policy. Court times and lesson times will continue to be staggered, allowing for players to comfortably exit and enter the courts.

Singles will return as the preferred game. Private and semi-private lessons will be ok. Family play will be encouraged. Family lessons will be a great way to work out and have fun. (What a great way to spend quality time!)

Many of the "standard operating procedures" will continue to be reviewed to make sure that when tennis returns, we'll be doing it safely.

Conclusions

One common thread that the webinars brought out was to be motivated to "be better." Social distancing and self-quarantining have hopefully gotten everyone closer to your families and love ones. This is a very good thing. Use the off time to improve in some aspect of our lives.

Try as best you can not to freak out—we'll get through this. Be sure to leave at least 15 minutes a day for relaxation, meditation, contemplation, or simple stretching. Get out and experience nature.

Let me know how you are all doing without tennis in your life. A few of my students have shared videos, pictures and articles. Please continue to share your stories with me via an email or text. I'd love to hear from you.

Keep your spirits up.

Jim Labinsky
Forest Lakes Tennis Professional
434.249.6420 (cell)
Zentennis929@gmail.com
Facebook: Zen Tennis at Forest Lakes

FARMERS MARKET NEWS

Although our vendors aren't there at the Forest Lakes Farmers market this month, they still have plenty of wonderful produce and products for you. Use one of the links or contact information below to place an order with your vendor for delivery or pickup. All are adding products as they are available so check in often to find what you need! Hope to see everyone at the market soon!

Sunny Point Farm - Beef, Pork, Pickles, Eggs, Produce

email at alisawildman@gmail.com or visit store site
<https://sunnypointfarmcharlottesville.company.site/>

Natural Roots Farm - Eggs, Poultry, Milk Shares, Canned Goods, produce

email at Naturalrootsfarm.info@gmail.com

Broadhead Mountain Farm - Produce, canned goods

<https://broadheadmtfarm.square.site/>

Hawk Hollow Farm - Produce, Canned Goods, Eggs, Honey, Duck Eggs, Fruit and Vegetable Plants

Contact Harold at: 434-942-8034 or email hrwsaw@yahoo.com

Great Harvest Bread Company - Locally made fresh breads, cookies, and more

<https://order.pxsw.com/menu/ghcharlottesville#ordering-for-prompt>

Lukpla's Loaves - Fresh baked breads

Lukplasloaves@gmail.com

Ducard Vineyards - A wide variety of locally made wine

<http://www.ducardvineyards.com/wines>

Odeene Soaps - Handmade Soaps - Solid and Liquid

<https://www.facebook.com/odeenesoaps/>

Blue Ridge Coffee Crafters - Coffee, tea

<https://www.blueridgecoffeecrafters.com/>

Do Dah Dyes - A great variety of tie dye items and gifts

Rodlenkell@gmail.com

Mexican Tacos - Delicious Mexican tacos and more. contact for food truck location and put an order in to pick up

<https://www.facebook.com/Mexicantacoscville/>
becerra702@gmail.com

Schlott's Seafood - seafood, sauces, dips, more

schlottsseafood@gmail.com

Shaylynn's Soothing Teethers - Teethers, jewelry, aprons, bibs, more

<https://www.facebook.com/shaylynnsSoothingTeethers/>

From John's Shop - Woodwork gifts, home items

jpsbks@gmail.com

Swansiger Baked Goods - a variety of homemade cookies

contact Erin to see what is available for delivery
rswansiger10007@comcast.net 434-987-9172



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NEIGHBORS HELPING NEIGHBORS

Check out the responses received to our eblast on residents who have a product, service or skill to share during COVID 19! Thanks to all the responses.

CHILD THERAPY SERVICES

My family and I moved into our first home in Forest Lakes in 2011. I provide speech language and feeding therapy services for children birth to 21 years old. I have over 25 years of experience in my field and hold ASHA's certificate of clinical competence as an SLP. Currently, with schools closed and students IEPs unserved, I am able to provide therapy in our Forest Lakes clinic, through teletherapy OR in the comfort of their home. My coworkers provide physical and occupational therapy. I appreciate this opportunity to connect with and support our neighbors now more than ever.

Rose Propes, MA, CCC-SLP
434-989-7040

MOBILE HOME HEALTH CARE

Hi there. For those not able to get out to see their doctor my company can offer video visits and in home healthcare. I also run a mobile lab. Details are below and I am a resident living in Echo Ridge.
Jenny

Jenny Furlow, NP-C
Healthandwellnessmedical@gmail.com
434-933-3318
<https://health-and-wellness-medical-services.com>

SURGICAL MASKS

I run a custom apparel manufacturer and a few brands. We were recently shut down by the governor, but quickly applied to transition our facility to making surgical masks. We have been approved and are full speed ahead on that starting this week.

We are pledging to make and donate surgical masks to healthcare professionals in need for items we sell during this time, as well as shipping a free surgical mask with each order. In addition, people can go on our site and buy 1 or 7 masks for personal use given the recent CDC recommendation. My name is Tom West and live in Pleasant Place.

You can learn more at these links:

<https://www.leewardlook.com/products/surgical-masks-donation>
<https://www.mettamats.com/products/surgical-mask-donation>

More NEIGHBORS HELPING NEIGHBORS

HOME STRUCTURAL ISSUES/MATH AND SCIENCE TUTOR

I am licensed structural engineer, if someone feels there home is in some distress and is hesitant to reach out in these times, I am happy to coordinate a contact free site visit free of charge in the evening or weekends to at least look at the issue and give them an "off the record" opinion

Also, as a structural engineer I'm pretty good at math and science, so if any student needs help I'm happy to "zoom" conference with them to try to help.

My contact information is:

Tom A. McLaughlin, P.E., Partner

C: [\(571\) 477-9328](tel:5714779328)

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WINE

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YOUR MONEY IN A BEAR MARKET

I can be a neighbor helping neighbors during this bear market. It's the perfect time to consult a financial advisor. I work for Edward Jones at 1622 Timberwood Blvd. Ste 111 and my cell phone number is 757-816-2337. I'd love to help! Laura Leigh Scott



Forest Lakes Veterinary Clinic

3440 Seminde Trail, Suite 102
Charlottesville, VA 22911

434.975.6006



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"The free Saturday stroke clinics and individual instruction from the coaches just add to the great value of the Hurricanes."

- FLST Swim Dad

Online Registration opens April 1st

<https://forestlakesswimteam.wordpress.com>

The Forest Lakes Swim Team is one of 18 summer swim teams in the Jefferson Swim League. We are open to Forest Lake resident swimmers from age 5 (by June 1st) to graduating high school seniors 18 years old.

After school practices begin in mid-May. Daily morning practices start when Albemarle County public schools end. Most swim team events are held at the South pool, including six free

The mission of FLST is to provide a fun, team oriented summer activity. FLST is a competitive swim team whose goals are to develop a healthy competitive spirit, instill self-discipline, sportsmanship, team goals, spirit and friendship among the swim team members, and introduce swimmers to the year-round sport of swimming.

FLST has six swim meets (three home and three away) with other local teams in the JSL. Our season ends in July, with the JSL Championships at UVA on July 26 & 27, where all



"We have been on the swim team for several years and it is such a highlight for our family. Out of all the activities at Forest Lakes I think FLST brings the most families together. They accept all swimmers and provide a fun, safe and rewarding summer experience. It brings families from public school, private school, and home-schoolers together."

- FLST Swim Mom

For more information go to our team web site at: <https://forestlakesswimteam.wordpress.com>
Please send inquires for specific questions via email to: flsthurricanes@gmail.com



NOW HIRING!

Success North is hiring for motivated Personal Trainers and Front Desk Associates to join a new team in our cutting edge fitness center at the UVA Research Park. This is a chance to work in a fun, people oriented environment and be a part of the future of wellness.

Full-time employees are eligible for benefits package.

To apply please email your resume to: bill@successstudiopt.com



LAURA RICHARDS

Family Photographer & Filmmaker

laurarichardsphotography.com
laurarichardsphotography@gmail.com
[@laurarichardsphotography](https://www.instagram.com/laurarichardsphotography)
540-521-2503

Authentic moments. Beautiful heirlooms.

Forest Lakes residents will receive a free Matted Print with their first session!



4th Annual Sunset Run Date changed!

Sunset Run is a fun run that donates all of its proceeds to the UVA Children's Hospital. It was created in 2017 by Catherine Swansiger and Samantha Sanford as a school project. Sunset Run is a run/walk, family friendly, dog

friendly event with **many raffles** from local businesses given away after the run.

Where- Forest Lakes South, beginning and ending at pool and field area

When- Saturday, **August 1st** starting at 7:00 PM (Yes at sunset!)

Cost- \$20 includes t-shirt if **registered by Friday, July 10th**

Contact Info- Sam and Catie at sunset.run@yahoo.com

Parking- limited space available, please carpool if possible

Name _____ Age _____

Email _____

Amount enclosed: Race Fee \$20 + Donation \$ _____ = Total \$ _____

Cash and check only. Make checks payable to Lynette Sanford (put Sunset Run in memo line)

Circle Tee shirt size Youth S Youth M Youth L Youth XL

Adult S Adult M Adult L Adult XL

_____ I would like all my registration fee to go directly to the UVA Children's Hospital (no tee shirt)

I understand that running a road race is a potentially hazardous activity. I should not enter unless I am medically able. I agree to abide by all decisions of the race officials relative to my ability to complete the run safely. I assumed all risks associated with running this event, including, but not limited to: falls, contact with other participants, effects with weather, traffic, and conditions of the roads, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this course. I, for myself and anyone entitled to act on my behalf, waive and release the organizers, race volunteers, Forest Lakes Community Association from all claims or liabilities of any kind arising out of my participation in this event. In addition, I understand that if the race is canceled by circumstances beyond the control of the organizers, my registration fee will not be refunded. I grant permission to all the foregoing to use photographs, motion pictures, recordings, or other record of this event for any legitimate purpose.

Signature: _____ Date _____

Parent/Guardian's Signature (if under 18)

_____ Date _____

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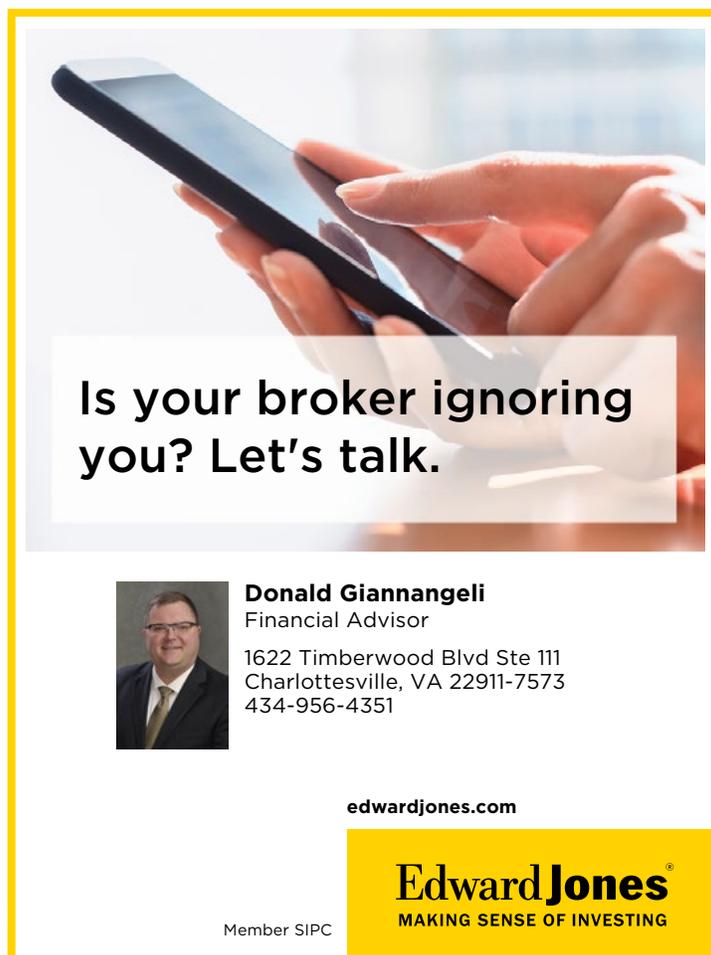
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AD SPACE OFFERED

The Forest Lakes Community Newsletter offers ad space in each monthly issue. The newsletter reaches 1455 households—all within five minutes of many businesses in Charlottesville and northern Albemarle County. The submission deadline for advertisements is the 23rd of each month. The newsletter is delivered to all Forest Lakes households the 1st weekend of every month. It is printed in black and white. The newsletter is also available (in color) on our website, www.forestlakes.net.

Rates are as follows:

	Size (wide x tall)	Price Per Month
Business card	3.5" x 2"	\$20.00
1/4 Page	3.75" x 5"	\$45.00
1/2 Page	7.5" x 5"	\$75.00
Full Page	7.5" x 9.5"	\$150.00

A 10% discount is available for prepaid ads placed to run at least 3 months.

Ads are subject to approval by the Forest Lakes Community Association. Ads should be print ready and emailed as a PDF to thammond@forestlakes.net. For further questions, please email or call (434) 973-4596.

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