

LET'S 10K TOGETHER

THE UKROP'S MONUMENT AVENUE 10K has been called one of the 10 best races in the country (thanks, USA Today!). Want to get moving and get active this year? We'll help! You may have heard the buzz around town about the YMCA 10k training team for the 10k. Over the past 11 years, the program has successfully trained more than 30,000 people for the 6.2-mile event. We want to expand the program to reach even more people this year, so we've added some new locations in the city and are even offering special \$10/person rates for those who qualify.* You can walk, jog or run and we'll help you every step of the way!

SPECIAL INCOME-BASED RATE AVAILABLE!

New locations for 2012

You may participate at any of the YMCA branch locations or you can go to one of our new locations: Community Hospital or St. Paul's Baptist Church at Southside Plaza.

Qualifying for Special Rate

Those who make \$20,000 or less annually or receive proven TANF, Food Stamp or Energy Assistance Benefits from Social Services are eligible for the \$10 rate. Bring one of the following when you register:

- * Verification/Eligibility letter from Social Services
- * 2 most recent pay stubs
- * Tax Return
- * YMCA income-based rate participant

Benefits

If you qualify for the special \$10 YMCA 10K Training Team rate, here is what \$10 will get you:

- Ten-week training program (starts on Saturday, January 21) with a detailed written schedule
- Entry in the Ukrop's Monument Avenue 10K along with its great benefits
- Guidance from experienced coaches
- Organized weekly group runs/walks
- A special YMCA 10K Training Team shirt
- Special clinics on subjects like running shoes and other related topics

Sign up!

To take advantage of the YMCA 10k Training Team's special \$10 rate, fill out the attached form and take it to any local YMCA branch or to the Sports Backers office located at 100 Avenue of Champions, Richmond, VA 23230. You must bring proof of qualification. Please note: Any YMCA or Sports Backers staff member has the right to deny admittance into the training team for any reason.

Saturday Group Run/Walk Schedule

The schedule for the weekly Saturday group run/walk at each facility is listed below, as is a brief description of the two running levels. You are welcome to change groups as needed. Unless noted, the group run/walk will start and finish at the facility itself.

Novice Runners – Just starting to run and may include some run/walk
 Intermediate Runners – Currently capable of running 9–12 miles a week

If you're still not sure in which group you belong, take a look at the Week One Training Team Schedule at www.sportsbackers.org.

Training Starts on January 21, 2012

FACILITY	WALKERS	NOVICE	INTERMEDIATE
Atlee Station	7:30 a.m.	8 a.m.	7:30 a.m.
Chester (at Thomas Dale H.S.)	8:15 a.m.	8 a.m.	7:30 a.m.
Chickahominy	8:30 a.m.	8:30 a.m.	8:30 a.m.
Downtown	7:30 a.m.	8 a.m.	7:30 a.m.
Goochland	8:30 a.m.	8:30 a.m.	8:30 a.m.
James Center	8:15 a.m.	8:15 a.m.	8:15 a.m.
John Rolfe	8 a.m.	8 a.m.	8 a.m.
Manchester	9 a.m.	9 a.m.	8 a.m.
Midlothian	8 a.m.	7:45 a.m.	7:30 a.m.
North Richmond	7:45 a.m.	8:15 a.m.	8:15 a.m.
Patrick Henry	8:30 a.m.	8:30 a.m.	8 a.m.
Petersburg	8 a.m.	8 a.m.	8 a.m.
Powhatan	8 a.m.	8 a.m.	8 a.m.
Prince George (at Scott Memorial Park, 6680 Courthouse Rd.)	8 a.m.	8 a.m.	8 a.m.
Richmond Community Hospital	8 a.m.	8 a.m.	8 a.m.
Shady Grove	9 a.m.	8 a.m.	7 a.m.
Staunton-Augusta	8 a.m.	8 a.m.	8 a.m.
St. Paul's Baptist Church (at Southside Plaza)	8 a.m.	8 a.m.	8 a.m.
Swift Creek (at Woodlake			
UMC Hampton Park Campus)	8:30 a.m.	8:15 a.m.	8 a.m.
Tuckahoe (at Collegiate School)	9 a.m.	8:30 a.m.	8 a.m.
West Point	8 a.m.	8 a.m.	8 a.m.



SPECIAL RATE APPLICATION

YMCA 10K TRAINING TEAM

JANUARY 21 – MARCH 31, 2012

FIRST NAME

LAST NAME

STREET ADDRESS

CITY

STATE

ZIP CODE

M/F

DATE OF BIRTH (mm/dd/yy)

TELEPHONE #

EMAIL ADDRESS

CIRCLE SHIRT SIZE

YOUTH L S M L XL XXL

Facility where you will train

What level would you like to train with? You are welcome to change groups as needed. (Please check one)

WALKER

NOVICE RUNNER
(Just starting to run, may include some run/walk)

INTERMEDIATE RUNNER
(Currently capable of running 9-12 miles/week)

EVERY PARTICIPANT MUST PROVIDE

RACE DAY EMERGENCY CONTACT NAME

RACE DAY EMERGENCY CONTACT PHONE #

UKROP'S 10K RACE INFORMATION

10K PREDICTED TIME (Hrs : Mins)

- Seeded Runner (under 56 min.)*
- Runner (56-70 min.)
- Jogger (70-90 min.)
- Jog/Walker (about 90-100 min.)
- Walk/Jogger (about 100-110 min.)
- Walker (about 110 min. or more)
– places you in the Walker Start Wave

PROOF OF SUB-56 MINUTES*:

- Use my attached 2010 or 2011 Ukrop's Monument Avenue 10K time
- Other proof attached (run since March 27, 2010)
- No proof: Place in appropriate non-seeded wave

* Entries predicting a sub-56 MUST submit proof. For instructions on qualifying times and running with others, visit www.sportsbackers.org

YES! I want to raise money for Massey Cancer Center. Please send me information

Are you a Cancer survivor?
 YES NO

Training Fees

ALL PARTICIPANTS – \$10 (Includes entry into the Ukrop's Monument Avenue 10K and the YMCA 10K Training Program)

TOTAL AMOUNT ENCLOSED

Entry fees are non-refundable and non-transferable. No exceptions.

Make checks payable to Sports Backers. Sign up at any local YMCA Branch or at the Sports Backers' office located at 100 Avenue of Champions, Richmond, VA 23230.

www.sportsbackers.org | info@sportsbackers.org | (804) 285-9495

EVERY PARTICIPANT MUST SIGN THIS WAIVER!

Runner's Agreement, Waiver, Release, And Acknowledgment

I know that training for and running or walking a road race are potentially hazardous activities. I should not enter unless I am qualified, in good health, and medically able. I assume all risks associated with this training and event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I acknowledge that if I believe conditions are unsafe, I will immediately discontinue participation in the training or event. I fully accept and assume all responsibility for losses, costs, and damages I incur as a result of my running this training and event. I agree to abide by any decision of a race official or coach relative to my ability to safely complete the training or the event. Having read this waiver, knowing these facts, and in consideration of accepting my entry, I for myself and anyone entitled to act on my behalf, discharge, waive, and release the Metropolitan Richmond Sports Backers, YMCA of Greater Richmond, City of Richmond, Ukrop's Homestyle Foods, Martin's, AT&T, Virginia 529 College Savings Plan, Bon Secours Richmond Health System, Anthem, VCU Massey Cancer Center, USA Track & Field, along with their officers, directors, agents, volunteers and employees from all claims or liabilities of any kind arising out of my participation in this training and event.

SIGNATURE (Parent or Guardian if Under Age 18)

DATE

SPECIAL RATE VERIFICATION - OFFICE USE ONLY

This individual has proven eligibility of income of less than \$20,000/year by providing one of the following:

PROOF OF NEED:

- Verification/Eligibility letter from Social Services
- 2 most recent paystubs
- Tax Return
- YMCA Income-based rate participant

YMCA/SPORTS BACKERS EMPLOYEE NAME (Please print)

BRANCH NUMBER

SIGNATURE OF YMCA/SPORTS BACKERS EMPLOYEE

DATE

Please note: Any YMCA or Sports Backers staff member has the right to deny admittance into the training team for any reason.