

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

Payment Method:

Check (Payable to SPORTS BACKERS)

Credit Card (Visa, MasterCard, or American Express)

Credit Card Number: _____ - _____ - _____ - _____

Expiration Date: ____/____

Name as it appears on card: _____

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 – \$55 (Includes entry into the Ukrop's Monument Avenue 10K and the YMCA 10K Training Program) \$

Donations

Massey Cancer Center Donation \$

Sports Backers Youth Running Program Donation \$

Technical Shirt Upgrade

Upgrade from a 100% cotton t-shirt to a technical running shirt for \$20. \$

TOTAL AMOUNT ENCLOSED \$

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

Make checks payable to Sports Backers. Sign up online or mail this entry form and payment to:

Sports Backers
100 Avenue of Champions, Suite 300
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