



MARCH 27 - JUNE 6, 2021
RICHMOND, VA

Registration form fields: FIRST NAME, LAST NAME, STREET ADDRESS, CITY, STATE, ZIP CODE, M/F, DATE OF BIRTH (mm/dd/yy), TELEPHONE #, EMAIL ADDRESS

Select shirt size (check one)
YOUTH LARGE
SMALL
MEDIUM
LARGE
X-LARGE
XX-LARGE

Please select facility where you will train.
PATRICK HENRY YMCA
MIDLOTHIAN YMCA
SHADY GROVE YMCA
PETERSBURG YMCA
DOWNTOWN YMCA
POWHATAN COMMUNITY CENTER

What level would you like to train with? You are welcome to change groups as needed. (Please check one)
WALKER
NOVICE (Just starting to run, may include some run/walk)
INTERMEDIATE RUNNER (Currently capable of running 9-12 miles per week)

EVERY PARTICIPANT MUST PROVIDE
RACE DAY EMERGENCY CONTACT NAME:
TELEPHONE#:

Payment Method:
Check (Payable to SPORTS BACKERS)
Credit Card (Visa, MasterCard, or American Express)
Credit Card Number:
Expiration Date:
CSV:
Billing Zip Code:
Name as it appears on card:
Please note: All credit card transactions will incur a 5% processing fee.

ENTRY FEE Includes Ukrop's Monument Avenue 10k & YMCA 10k Training Team entry
\$55 through April 5
\$10 Income based rate available through April 5, 2020

SPECIAL RATE VERIFICATION - Office Use Only
This individual has demonstrated eligibility of income of less than \$25,000/year by providing one of the following:
Verification/Eligibility letter from Social Services
YMCA income-based rate
Tax return
Approved: (Name) (Date)

10k Challenge (Additional \$15)
Conquer the challenge by completing both 10k courses over event weekend. Participants will receive an additional medal and a unique finisher item.

Donations
Kids Run RVA Donation
VCU Massey Cancer Center Donation

Technical Shirt/Tank Upgrade
Upgrade from a 100% cotton race t-shirt to a Brooks technical running shirt or tank for \$20. (Circle Shirt or Tank)

TOTAL AMOUNT ENCLOSED

EVERY PARTICIPANT MUST SIGN THIS WAIVER!
Runner's Agreement, Waiver, Release, And Acknowledgment

I know that running or walking a road race is a potentially hazardous activity. I will not enter and participate unless I am qualified, in good health, medically able, and properly trained. I assume all risks associated with this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, the conditions of the road, potential exposure to communicable disease (including but not limited to coronavirus/COVID-19, other viruses, bacteria, and all other infectious pathogens and disease vectors), all such risks being known and appreciated by me. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the event. I fully accept and assume all responsibility for losses, costs, and damages I incur as a result of my running this event. I agree to abide by any decision of a race official relative to my ability to safely complete 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, Ukrop's Homestyle Foods, Kroger, YMCA of Greater Richmond, VCU Massey Cancer Center, City of Richmond, County of Henrico, Road Runners Club of America, USA Track and Field, and any other sponsors, along with their officers, directors, agents, volunteers and employees from all claims or liabilities of any kind arising out of my participation in this event.

SIGNATURE (Parent or Guardian if Under Age 18) DATE

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: