



# JANUARY 18 - MARCH 28, 2020

RICHMOND, VA

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

FACILITY WHERE YOU WILL TRAIN (visit sportsbackers.org for a list of locations)

NICKNAME  This name will be printed on your personalized bib if you register by Feb. 28. (Note: only the first 11 characters will appear on your bib.) If you do not want your name on your bib, leave this field blank.

CIRCLE SHIRT SIZE

10K: YOUTH L S M L XL XXL

**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)

**10K WAVE PLACEMENT**

:

10k Predicted Time (Hrs : Mins)

Seeded Runner (under 63 min.)\*

Runner (63-70 min.)

Jogger (70-90 min.)

Jog/Walker (about 90-100 min.)

Walk/Jogger (about 100-110 min.)

Walker (about 110 min. or more)

**PROOF OF SUB-63 MINUTES\*:**

Use my attached 2018 or 2019 Ukrop's Monument Avenue 10k time

Other proof attached (run since January 1, 2018)

No proof: Place in appropriate non-seeded wave

\* Entries predicting a sub-63 **MUST** submit proof. For instructions on qualifying times and running with others, visit [www.sportsbackers.org](http://www.sportsbackers.org)

**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: \_\_\_\_/\_\_\_\_

Name as it appears on card: \_\_\_\_\_

**Please note:** All credit card transactions will incur either a 5% or \$2 processing fee, whichever is higher.

**ENTRY FEE**

\$55 through November 30, 2019

\$60 beginning December 1, 2019

\$10 Income based rate available through Jan. 27, 2020\*

\*Credit Card will incur a \$2 processing fee

(Fees include Ukrop's Monument Avenue 10k and YMCA 10k Training Program entry)

**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

2 most recent paystubs  Tax return  YMCA income-based rate

Approved: \_\_\_\_\_ (Name) \_\_\_\_\_ (Date)

**Donations**

Kids Run RVA Donation

VCU Massey Cancer Center Donation

**Technical Shirt Upgrade**

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

**TOTAL AMOUNT ENCLOSED**

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

I know that running a road race is a potentially hazardous activity. I will not enter and run 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, and the conditions of the road, 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 run. 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, Kroger, Virginia529, Subway, Allianz Worldwide Partners, CarMax, Collegiate Running Association, VCU Massey Cancer Center, Road Runners Club of America, all 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. This is a road race conducted under the rules of USATF. It is not intended for and will not permit individuals with baby joggers, strollers, dogs on leashes, skateboards or roller blades.

\_\_\_\_\_  
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: