



FEBRUARY 12 - APRIL 23
RICHMOND, VA

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

Select shirt size (check one)

YOUTH LARGE

SMALL

MEDIUM

LARGE

X-LARGE

XX-LARGE

Select Your Training Location

Please write in the name of the facility where you will train. Visit sportsbackers.org for a list of locations.

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 January 3	\$
\$60 January 4 - January 31	\$
\$65 February 1 - February 12	\$
\$15 Income based rate available through February 12, 2022	\$

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 Tax return

YMCA income-based rate

Approved: _____ (Name) _____ (Date)

10k Challenge (Additional \$18)

Conquer the challenge by completing both 10k courses over event weekend. Participants will receive an additional medal and a unique finisher item.

\$18 \$

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:
Sports Backers | 100 Avenue of Champions | Richmond, VA 23230