# the YMCA 10K TRAINING TEAM

# FEBRUARY 1 - APRIL 12
## RICHMOND, VA

FIRST NAME | LAST NAME

STREET ADDRESS

CITY | STATE | ZIP CODE | GENDER (circle one) M / F / NB | DATE OF BIRTH (mm/dd/yy)

TELEPHONE # | EMAIL ADDRESS | Estimated Finish Time

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)**

❒ **MOVERS (NOVICE)**
**(Will complete less mileage throughout the season)**

❒ **SHAKERS (INTERMEDIATE)**
**(Will complete more mileage throughout the season)**

**EVERY PARTICIPANT MUST PROVIDE**

**RACE DAY EMERGENCY CONTACT NAME:** | **TELEPHONE#:**

This training team has a **NO** refund policy, even in the case of a race cancellation, event format changes, postponement, and/or if you are unable to participate. You may not transfer your entry to another person. **NO EXCEPTIONS. Photo/Film Release**: Your image, motion picture, recording, or any other record of this event may be used for future marketing materials or other legitimate uses.

You may defer your 2025 YMCA 10k Training Team entry through February 1 for $15. You may not defer your free entry into the 2026 Ukrop's Monument Avenue 10k.

**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.**

## EARLY BIRD ENTRY FEE

**Includes Ukrop's Monument Avenue 10k & YMCA 10k Training Team entry)**

**$60 through April 29** $

**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)

**20k Challenge (Additional $23)**

**Complete a virtual 10k from April 5-12 and then complete the in-person 10k on April 12. Participants will receive an additional medal and Ukrop's Rainbow Cookies** **$23** $

**Donations**

**Kids On The Move 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 Unisex Shirt or Ladies 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, Atlantic Union Bank, Sheehy Auto Stores, Bon Secours Mercy Health, Inc., 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**