Ukrop's MONUMENT AVE 10K
Presented by MARTIN'S

Virginia529 College Savings Plan kids run

JOIN US MARCH 31, 2012
RICHMOND, VIRGINIA

FIRST NAME

LAST NAME

STREET ADDRESS

CITY

STATE

ZIP CODE

M/F

DATE OF BIRTH (mm/dd/yy)

TELEPHONE #

If you are a student, what school do you attend?

EMAIL ADDRESS

CHOOSE EVENT: ☐ 10K ☐ KIDS RUN

10K WAVE PLACEMENT

☐☐:☐☐
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

EVERY PARTICIPANT MUST PROVIDE

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*

CIRCLE SHIRT SIZE

10K:	**YOUTH L**	**S**	**M**	**L**	**XL**	**XXL**
KIDS RUN:	**Youth M** (10-12)	**Youth L** (14-16)		**Adult S**		**Adult M**

☐ **YES!** I want to raise money for Massey Cancer Center. Please send me information.

Are you a Cancer survivor? ❒ YES ❒ NO

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: _____

ENTRY FEES

	10K	KIDS RUN	
Dec. 1 – Dec. 31, 2011	$25	$10	
Jan. 1 - Jan. 31, 2012	$30	$10	
Feb. 1 – Feb. 29, 2012	$35	$15	
March 1 – March 27, 2012	$40	$20	$

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 running a road race is a potentially hazardous activity. I should 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, 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 event.

SIGNATURE (Parent or Guardian if Under Age 18) **DATE**