WAIVER - MUST BE SIGNED

In consideration of the foregoing, I for myself, executors and administrators, waive and release any and all rights and claims for damages I may have against Race Timing Unlimited and Ron Rosner Family YMCA, and any and all sponsors or supporters, actions whatsoever in any manner as a results of me or my child's participation in this event and that my medical condition to do so has been verified by a licensed medical doctor. Further, I grant full permission to any and all of the foregoing to use me or my child's likeness for any further publicity or advertising. I have read the above conditions and accept them as shown by my signature:

Signature Or Parent Signature if under 18

_____
_____

Date _____

Thank you to all our supporters!

2017 Ron Rosner Family YMCA
Up Coming Race Schedule
June
Cleared for Take Off, Kids 1 Mile Run
October
10K Run Thru History
December
Village 5k and Kids 1 Mile

Parkinson's Awareness

Run/Walk

5K, 1 Mile and .25 Mile

Sponsored by

Sunday, April 23, 2017

Register @
www.racetimingunlimited.org or
the Ron Rosner Family YMCA

Questions: Catherine Weise at
cweise@family-ymca.org

Ron Rosner YMCA
5700 Smith Station Rd
Fredericksburg, VA 22407

540-735-9622 ext. 2022

Parkinson's Awareness Run/Walk

This is a wonderful event where the community can come out and support the Parkinson's community by running or walking the distance of their choice. Participants can choose from a 5K, 1 mile or .25 mile.

RACE LOCATION:

Ron Rosner Family YMCA
5700 Smith Station Road, Fredericksburg, VA 22407

PARKING:
There will be plenty of available parking around the YMCA building.

START TIME:

8 a.m. – 5K

8:10 a.m. – 1 Mile

8:10 a.m. - .25 Mile

COURSE:

The 5k: course is mostly trails w/ lovely bridges and rolling hills.

The 1 Mile: course is all paved and wheelchair accessible.

The .25 Mile: course is all paved and wheelchair accessible.

ADDITIONAL INFO:

A portion of the proceeds will be going to our YMCA Parkinson's/Therapeutic Wellness department and to a nationally recognized Parkinson's Association.

COST: 5K

$20.00 through April 20th
$25.00 April 21- Race Day

COST: 1 Mile

$15.00 through April 20th
$20.00 April 21- Race Day

COST: .25 MILE
$10.00 through Race Day

PACKET PICKUP:

Friday April 21, 2017:

10-12am @ Ron Rosner Family YMCA

Saturday April 22, 2017:

10-12 am @ Ron Rosner Family YMCA

RACE DAY SUNDAY 23, 2017

7-7:30am @ Ron Rosner Family YMCA

T-SHIRTS:
Are not guaranteed after April 5th.

AWARDS: 5K and 1 Mile
Top 3 Overall and Top 3 Age Groups Male/Female. Age Groups are as follows: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

ENTRY FORM, one per person:

Date: _____

Last Name:
_____

First Name: _____

Address:
_____

_____
_____

Age: _____

Birthday: _____

Circle: Male / Female

Email:
_____

Phone #:
_____

T-SHIRTS:

Not guaranteed after April 5th!

Circle Size: AS AM AL AXL

YS YM YL YXL

Circle Race: 5K or 1 Mile or .25 Mile

TOTAL: _____

Please make checks payable to Ron Rosner Famly YMCA

Emergeny Contact Info:

Name:
_____