2010 King George Colonial Beach 5K Run/Walk and 1-mile Kids Fun Run

Sponsored by the KG FAMILY YMCA

Saturday, April 17

5 K Run/Walk 8:00 AM

Start / finish at Colonial Beach Am. Legion Hall

Kids Fun Run (14 and Under) 9:00 AM

Race Details: Both 5K Run/Walk and 1-mile Kids Fun Run road races will begin and end at the American Legion Hall. The 5K Run will be certified and professionally timed.

Registration: 5K Run/Walk: $15, Kids Fun Run: $10. ($5 late fee if received after April 1st), Pre-registration by mail or on-line (*racetimingunlimited.org*). Pick up race forms at any Rapp Area YMCA, KG schools or on-line at *www.family-ymca.org*

Awards: Will be given to male and female top 3 overall finishers in the 5K Run/Walk and Kids Fun Run and in each age division - 5K (19 & Under, 20-29, 30-39, 40-49, 50-59, 60 & Up); Fun Run (6 & Under, 7-8, 9-10, 11-12, 13-14). All Fun Run finishers will receive a medal.

T shirts (optional): Short-sleeved T-shirts for 5K Run/Walk entrants ($10), short sleeved T-shirts for Fun Run entrants ($5). *Shirts guaranteed to all pre-registered runners - late registrants will receive shirts as available.*

Packet Pick-up & Late Registration : KG YMCA from 5:00 to 9:00 PM on Friday, April 16th and Saturday, April 17th - 5K from 6:00-7:45 AM, Fun Run until 8:45 AM.

Directions to Race start: From Fredericksburg, take Rt. 3 east through King George. Turn left at the Rt. 205 intersection. Follow 205 to Colonial Beach, turn left on Colonial Ave to end.

More Info:. Call the King George YMCA – 775-YMCA (775-9622) ex 3024

Last Name | First Name

Address | Age as of 4/1/10 | Date of Birth MM – DD – YY

City | State | Zip Code | Gender (M/F)

E-mail Address | ( ) -

Phone #

Indicate which event entered and shirt selection

$	5 K Run/Walk ($15 or $20 if late)	$	Kids Fun Run ($10)
$	short sleeved T-shirt (add $10)	$	T-shirt (add $5)
	Shirt size (S,M,L, XL,XXL)		Shirt size (Youth M,L, Adult S,M)
$	Amount Enclosed	$	Amount Enclosed

KG Colonial Beach Run/Walk April 17, 2010

Payment Method

Mail Entry and Check or Money Order to:

King George YMCA (Colonial Beach 5k)

10545 Kings Highway

King George, VA 22485

Payable to:

King George YMCA

Incomplete or unsigned entry forms will not be accepted! 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 the King George YMCA and any and all sponsors or supporters, actions whatsoever in any manner as a result of my participation in this event and that my medical condition to do so has been verified by a licensed medical doctor.

Signature (parent if under 18) _____ **Date** _____