



King George Family YMCA
 10545 Kings Highway
 King George, VA 22485

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 groach@family-ymca.org

Saturday, April 21, 2012 5K Run/Walk – 8:00 AM
 1 mile Kids Fun Run – 9:30 AM

King George Healthy Kids Day 5K Run/Walk - 1 mile Kids Fun Run

Location:

10545 Kings Highway, King George, VA
 at the King George Family YMCA.



Race Details: The 5K Run/Walk and 1 mile Kids Fun Run will begin and end at the King George YMCA. The 5K Run is certified and professionally timed.

Registration: Begins February 27, 2012: 5K Run/Walk: \$15 (\$5 late fee if received after April 11, 2012) and 1 mile Kids Fun Run: \$10, Pre-registration by mail, in person at any Y or on-line: www.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 and under, 7-8, 9-10, 11-12, 13-14). Grand Prize winners will not be duplicated.

T shirts (optional): Short sleeve tech T-shirts for 5K Run/Walk entrants (\$10) Short sleeve Kids Fun Run t-shirts are (\$5) *Shirts guaranteed available to all pre-registered runners. T-shirts not guaranteed if registered after 4/11. On race day late registrants can purchase shirts if available.*

Packet Pick-up & Late Registration : KG YMCA from 4:00 to 7:00 PM on Friday, April 20th – and on race day from 6:45-7:45 AM, Fun Run until 9:15 AM.

Registration Form: one per person (please print)

Last Name	First Name
	DOB: MM
	DD
	YY
	Age as of
	4/21/12
	State
	Zip Code
	Gender
	(M/F)
E-mail Address	Phone #
Please check <input type="checkbox"/> 5k or <input type="checkbox"/> 1 mile	
\$	5 K-\$15. (\$20 after 4/11) 1 mile-\$10
+ \$	5k S/S tech T-shirt + \$10 <input type="checkbox"/> Shirt size 1 mile T-shirt + \$5 <input type="checkbox"/> Ad-S,M,L, XL,XXL)
= \$	Amt Enclosed Youth Size YS,YM,YL,AD -S
Make checks payable to King George YMCA Mail completed forms and check to: King George YMCA 10545 Kings Hwy King George, Va. 22485	

In consideration of the foregoing, I for myself, executors, and administrator, waive and release any and all rights and claims for damages I may have against the Rappahannock Area YMCA, Inc., RTU, FARC, and any and all participating sponsors and supporters for all claims and damages, 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. Further, I hereby grant full permission to any and all of the foregoing to use my likeness for any further publicity or advertising. I have read the above conditions and accept them as shown by my signature.

Signature (parent if under 18)
