



# 2017 SHORT PUMP MILE & Express Fun Run

**Register Now** for the Short Pump Mile –  
RVA’s Largest Timed Road Race **Just for Kids!**

**SUNDAY, OCT 1, 2017**  
**SHORT PUMP TOWN CENTER**  
**FIRST HEAT – 7:30 AM RAIN OR SHINE!**

**Towne Bank/NOVA of Virginia Aquatics 1 Mile Run – 18 & Under Only**

12 Heats of the Mile Race will begin in front of American Family Fitness at Short Pump Town Center. Course is a USATF certified mile course. The race is chip timed by **Race Timing Unlimited**. Race is limited to the first 2000 entries.

**Romp n’ Roll Express Fun Run (400m) – 5 & Under**

A 400 meter non-timed fun run for runners not quite ready for the full mile event. The Fun Run is limited to first 500 entries.

**Registration Information – Register online or by mail!**

Online Registration opens 7/21/17 at [www.racetimingunlimited.org](http://www.racetimingunlimited.org) - NO ADDITIONAL FEES to register online. Or, mail this form with a check (payable to NOVA) to Short Pump Races, c/o NOVA, 12207 Gayton Road, Richmond, VA 23238. Online and mail in registrations will close at noon on Sept. 25th or when we reach race capacity. Entry fees are non-refundable.

**\$15** per runner: Online or mailed entries postmarked by Sept. 21, 2017

**\$20** per runner: Late entries after Sept. 21, 2017

**Packet Pick-Up**

Race packets may be picked up at **DICK’S Sporting Goods** at Short Pump Town Center on Friday, Sept. 29, from 4-8 pm and Saturday, Sept. 30, from 10 am-4 pm. **NO packet pickup on race day!** Miss the registration deadline? Any remaining entry slots will be available first-come, first-served at packet pick up.

**Visit [www.shortpumprace.com](http://www.shortpumprace.com) for more info** or contact Amy Belcher at [shortpumpraces@gmail.com](mailto:shortpumpraces@gmail.com) or 804.467.2430. See reverse side for more details!

My child is running in the:  Mile Race  Express Fun Run (400 Meters) Mark one box please! One form per individual

Date of Birth (mm - dd - yy)		Age	M/F	E-Mail Address	Race fee:
<input type="text"/>		<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> By 9/21: \$15.00
First Name		Phone		<input type="checkbox"/> After 9/21: \$20.00	
<input type="text"/>		<input type="text"/>			
Last Name					
<input type="text"/>					
Address					
<input type="text"/>					
City				State	Zip
<input type="text"/>				<input type="text"/>	<input type="text"/>
School Name:					T-Shirt size:
<input type="text"/>					Youth Size: YS, YM, YL
					Adult Size: S, M, L, XL
					Enter shirt size in box
					<input type="text"/>

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 Short Pump Races, NOVA of Virginia Aquatics, 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. I grant permission to all foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## WHAT MAKES THE TOWNE BANK/NOVA OF VIRGINIA AQUATICS SHORT PUMP MILE & EXPRESS FUN RUN UNIQUE AND FUN?

**Timing chips:** This race is the largest timed youth road race in the Richmond area! The race is chip timed with Winning Time Chips by **Race Timing Unlimited**, and all runners in the mile race wear a timing chip on their right ankle. Chips are distributed on race day, at the starting line, approximately 15-20 minutes before the start of each heat.

**Refreshments:** All runners may enjoy post-race refreshments at the finish line area.

**T-shirts & Medals:** All registered runners will receive a cool race t-shirt. Please make sure to mark the appropriate size for your child. All finishers will be awarded a commemorative medal upon finishing their event!

**Race photos:** Don't forget to check out race photos provided by TriDuo.com after the race is over!

**Awards:** The Top 5 Overall Male and Female finishers receive gift certificates (\$100, 75, 50, 25, 25) and a commemorative plaque. Age group awards (both boys and girls) are given out in the following age groups: **14 & Over** – Top 5; **12-13 years old** - Top 10; **11 years old** - Top 10; **10 years old** – Top 10; **9 years old** – Top 10; **8 years old** – Top 10; **7 years old** – Top 10; and **6 & Under** – Top 10. No awards for Express Fun Run participants, but all receive a medal.

**Schools win with the School Participation Program:** The Top 5 schools with the most registered participants win cash awards totaling \$2,000 to be used for their school physical fitness programs (\$600, 500, 400, 300, 200). Schools (not in the Top 5) with at least 25 registrants will win \$100. And, the school with the highest increase in participation over last year (with at least 15 runners) will win \$250. Teachers, make sure that your students put their school name on their entry form for credit!

**Kids help kids:** Proceeds from the race support NOVA's outreach programs, which teach underserved kids to swim, help our partner school, and offer scholarships to team swimmers. NOVA is a 501(c)(3) non-profit organization.

Heat #	Age	Sex	Heat #	Age	Sex
1 - 7:30	14 & Over	Boys	2 - 7:45	14 & Over	Girls
3 - 8:00	11 to 13	Boys	4 - 8:15	11 to 13	Girls
5 - 8:30	10 years	Boys	6 - 8:45	10 years	Girls
7 - 9:00	9 years	Boys	8 - 9:15	9 years	Girls
9 - 9:30	8 years	Boys	10 - 9:45	8 years	Girls
11 - 10:00	7 & Under	Boys	12 - 10:15	7 & Under	Girls

- Online registration opens 7/21/17 and closes at noon on 9/25/17
- In person registration at NOVA of VA Aquatics facility closes at noon on 9/25/17
- Mailed entries must be postmarked by 9/21 and received by 9/25
- Race rules, award ceremony times, and changes in schedule will be posted at [www.shortpumprace.com](http://www.shortpumprace.com)

Short Pump Express - 1st Wave at 10:30 - All runners assigned a wave

