

Please sign waiver on back of this form.

RACE REGISTRATION:

Name: _____
Male: _____ Female: _____
Birth Date & Year: _____ Phone: _____
Email: _____
Address: _____
City: _____
State: _____ Zip: _____
T-shirt Size: S M L XL XXL (please circle one)

KIDS FUN-RUN—CHILDREN AGES 7-12 REGISTRATION:

Name: _____
Male: _____ Female: _____
Birth Date & Year: _____ Phone: _____
Email: _____
Address: _____
City: _____
State: _____ Zip: _____
T-shirt size: YS YM YL YXL AS AM AL
(please circle one)

VOLUNTEER REGISTRATION:

Name: _____
Birth Date & Year: _____ Phone: _____
Email: _____
T-shirt size: YS YM YL YXL AS AM AL
(please circle one)

ENTRY FEES: DEADLINE IS OCTOBER 5TH

Before 9/1, \$25; Before 10/1, \$30; 10/2-5, \$35

YMCA members receive a \$5 discount. Each participant receives a race t-shirt.

\$ _____ Entry Fee
\$ _____ Tax Deductible Donation to
the Richmond County YMCA
\$ _____ Total Amount Enclosed

Directions & Parking

Address for the race start line is:
52 Campus Drive, Warsaw Virginia 22572

From Route 3 – Take Route 3 to Rte 360 West arrive at 52 Campus Drive (Rappahannock Community College) in the heart of Warsaw.

From Route 17 – Take Route 17 to Rte 360 East in Tappahannock. Follow 360 East to Rappahannock Community College, approx. 7 miles from Tappahannock.

Parking is available at the Warsaw Health Department, Rappahannock Community College main lot, and Family Dollar in Warsaw.

Packet Pick-Up Location & Dates

All athletes must pick up their packet on the following days at the Richmond County YMCA, 45 George Brown Lane Warsaw (Behind Warsaw Buy-Rite)

Thursday, October 7.....4:00pm to 7:00pm
Friday, October 8.....4:00pm to 7:00pm

Volunteers Needed!

Volunteers are vital to the success of the Whelan’s Marina 5K at Warsaw Fest. If you are just cheering on a family member or friend it’s a great way to see the race and be a part of it. No experience necessary. All volunteers receive a t-shirt, email us at bmiles@peninsulaymca.org or add volunteer name and contact info to the registration form. Please check-in at Volunteer Station by 8:30 a.m.

Photos

Dawn Howeth Photography will be on hand to take live-action shots of you and all of the athletes. Go to: www.picturethisphotographybydawn.com to see all of the official race-day photos. Make it a day to remember by purchasing a photo.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**DO MORE
BE MORE**

**Whelan’s Marina
5K at Warsaw Fest
RICHMOND COUNTY
FAMILY YMCA**





RICHMOND COUNTY FAMILY YMCA

In our community, the YMCA plays the role of benefactor. When individuals and families need services like child care and access to programs that promote better health, the Y is where they come. The Y is a community center that opens its doors to everyone by giving financial assistance to those who need our programs but can't afford the regular price. The result is a tighter-knit community with a feeling of belonging, healthier people, and happier families.

But we can always DO MORE and BE MORE.

All race proceeds will benefit the Richmond County Family YMCA, a 501(c)3 organization that improves the quality of life for the Richmond County community and its neighbors. The YMCA strives to be the leading family advocate, open to all people, with a focus on Youth Development, Healthy living and Social Responsibility.

Safety Brief

Due to the nature of the course, there will be a mandatory safety brief during the opening ceremony at 8:55 am on race morning.

Kid's Fun-Run

Children ages 7-12 can also enjoy the fun and excitement of the Warsaw Fest Run. The Kid's Fun-Run is one mile in length. Prizes will be awarded and each child receives a race t-shirt.



YMCA 5K Training Program Will Prepare You to Run and Help You Reach Your Goals!

Whether you want to run, walk, or jog, the Whelan's Marina 5K at Warsaw Fest is for people of all ages!

5-Week Training Program starts Saturday, September 4, 9:00 a.m. at the Y.

Participants train with coaches, attend a nutrition seminar with Dr. Richard Honey, and receive 10 cross-training sessions.

Cost is \$15 for Y Members, \$22 for others.

T-shirts to all participants. Registration deadline is September 1st, so call the Y to sign up today!

5K Race Rules

- » Registration must be received by October 5
- » Registration form must be completed in its entirety
- » Each athlete must check-in the morning of the race
- » Each athlete (or parent thereof) must sign the registration waiver
- » NO TEAM COMPETITION

Post Race Awards Ceremony

Stick around for the Post Race Awards Ceremony immediately following the close of the race. Drinks provided by Northern Neck Coca-Cola will be available. Recognition for outstanding performance will be issued as well as the "Lucky Random Race Time." Prior to the race, a secret "Lucky Random Race Time" will be drawn from a hat, the athlete that posts the same or closest to this time wins a top prize!

Registration & Information

Mail – to P.O. Box 1136, Warsaw VA 22572

At the Y – Register in person at 45 George Brown Lane in Warsaw (behind Warsaw Buy-Rite).

Phone for information - 804.333.4117

Race Participants, Please Sign This Waiver

I hereby certify that I am (or my participating child is) in normal health and capable of safe participation in race I assume all risk(s) and hazards incidental to the conduct of this program. I understand that accident insurance is not covered by the YMCA for this program and hereby authorize the Y to obtain medical treatment for me in the event of an emergency.

In exchange for good and valuable consideration, the adequacy of which is hereby acknowledged, I hereby give the Peninsula Metropolitan YMCA, its legal representatives, successors, and assigns, or those for whom it is acting, and all persons and corporations acting with its permission or upon its authority the absolute right and permission to take, copyright, use, and publish photographs of or concerning me and/or my family members, in whole, in part, or in composite, in any and all media, for purposes of Peninsula Metropolitan YMCA art, advertising, education, or promotion, or for any other purpose consistent with the YMCA mission. I waive all rights thereto. I waive all rights to inspect and/or approve any text that may be used in conjunction with the photograph and the use to which it may be applied.

I represent that I am eighteen (18) years or older and that I have read the foregoing and fully understand its contents. This release shall be binding upon me, my heirs, legal representatives, and assigns. No modifications of this agreement shall be of any effect unless it is made in writing and signed by all of the parties in the agreement.

Signature

Date