

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



Sponsored by the KG FAMILY YMCA

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

**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**

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|--|-------------------------------------|---|-------------------------------|
| <input type="text"/> | <input type="text"/> | | |
| Last Name | First Name | | |
| <input type="text"/> | | <input type="text"/> | <input type="text"/> |
| Address | | Age as of 4/1/10 | Date of Birth MM – DD – YY |
| <input type="text"/> | | <input type="text"/> | <input type="text"/> |
| City | State | Zip Code | Gender (M/F) |
| <input type="text"/> | | <input type="text"/> | <input type="text"/> |
| E-mail Address | | Phone # | |
| <input type="text"/> | | <input type="text"/> | |
| Indicate which event entered and shirt selection | | | |
| <input type="text"/> | 5 K Run/Walk (\$15 or \$20 if late) | <input type="text"/> | Kids Fun Run (\$10) |
| <input type="text"/> | short sleeved T-shirt (add \$10) | <input type="text"/> | T-shirt (add \$5) |
| Shirt size (S,M,L, XL,XXL) | | Shirt size (Youth M,L, Adult S,M) | |
| <input type="text"/> | Amount Enclosed | <input type="text"/> | 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 _____