



King George Family YMCA Phone: 540-775-9622  
 10545 Kings Highway Fax: 540-775-1844  
 King George, VA 22485 groach@family-ymca.org

Saturday, April 2, 2011 5K Run/Walk – 8:00 AM  
 Kids Fun Run (14 and under) – 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:** Both 5K Run/Walk and 1-mile Kids Fun Run road races will begin and end at the King George YMCA. The 5K Run is certified and professionally timed.

**Registration:** Begins Now: 5K Run/Walk: \$15, Kids Fun Run: \$10. (\$5 late fee if received after March 30th), Pre-registration by mail or on-line: [www.racetimingunlimited.org](http://www.racetimingunlimited.org)

Pick up race forms at any Rapp Area YMCA, KG schools or on-line at [www.family-ymca.org](http://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. Grand Prize winners will not be duplicated.

**T shirts (optional):** Long-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. On race day late registrants can purchase shirts on a first come/first serve basis.*

**Packet Pick-up & Late Registration :** KG YMCA from 3:00 to 7:00 PM on Friday, April 1<sup>st</sup> – and on race day from 7:00-7:45 AM, Fun Run until 9:00 AM.

**Registration Form:** one per person (please print)

<input type="text"/>	<input type="text"/>																		
<b>Last Name</b>	<b>First Name</b>																		
<b>DOB: MM DD YY</b>																			
<input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>																		
<b>Address</b>	<small>Age as of 4/1/11</small>																		
<input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>																		
<b>City</b>	<b>State</b>																		
<input type="text"/>	<b>Zip Code</b>																		
	<input type="checkbox"/> <b>Gender (M/F)</b>																		
<input type="text"/>	<input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/>																		
<b>E-mail Address</b>	<b>Phone #</b>																		
<b>Indicate which event entered and shirt selection</b>																			
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<small>Shirt size (S,M,L, XL,XXL)</small>																			

Questions and more information contact Gary Roach at (540) 775-9622, ext 3024

Make checks payable to: **King George YMCA**

Mail completed form and check to: King George YMCA  
 10545 Kings Highway  
 King George, VA 22485

