

WAIVER - MUST BE SIGNED

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 Race Timing Unlimited and Ron Rosner Family YMCA, and any and all sponsors or supporters, actions whatsoever in any manner as a results of me or my child's participation in this event and that my medical condition to do so has been verified by a licensed medical doctor. Further, I grant full permission to any and all of the foregoing to use me or my child's likeness for any further publicity or advertising. I have read the above conditions and accept them as shown by my signature:

Signature Or Parent Signature if under 18

Date _____



Thank you to all our supporters!



Run/Walk

5K and 1 Mile

Sponsored by



Sunday, April 7, 2019

1 PM

Register @

www.racetimingunlimited.org or
the Ron Rosner Family YMCA

Questions: Catherine Weise at
cweise@family-ymca.org

Ron Rosner YMCA
5700 Smith Station Rd
Fredericksburg, VA 22407

540-735-9622 ext. 2022

Parkinson's Awareness Run/Walk



This is a wonderful event where Fredericksburg/ Spotsylvania and surrounding communities can come out and support the Parkinson's community by running or walking the distance of their choice.

RACE LOCATION:

Ron Rosner Family YMCA
5700 Smith Station Road, Fredericksburg, VA
22407

PARKING:

There will be plenty of available parking around the YMCA building.

START TIME:

1 p.m. – 5K

1:10 p.m. – 1 Mile

COURSE:

Due to YMCA expansion and construction our course will be the same as last year. Course maps will be handed out at packet pick up.

The 5k: will be a mix of a trail and pavement run. This will be manually timed.

The 1 Mile: course is all paved and wheelchair accessible. Not officially timed.

ADDITIONAL INFO:

A portion of the proceeds will be going to our YMCA Parkinson's/Therapeutic Wellness department and to a nationally recognized Parkinson's Association.

COST: 5K

\$25.00 through April 4th
\$30.00 April 5- Race Day

COST: 1 Mile

\$15.00 through April 4th
\$20.00 April 5- Race Day

PACKET PICKUP:

Thursday April 4, 2019:

10am-1pm and 5pm-7pm @ Ron Rosner Family YMCA

RACE DAY SUNDAY APRIL 7, 2019

12:15-12:45pm @ Ron Rosner Family YMCA

T-SHIRTS:

Are not guaranteed after March 20th.

AWARDS: 5K

Top 3 Overall and Top 3 Age Groups Male/Female.

ENTRY FORM, one per person:

Date: _____

Last Name: _____

First Name: _____

Address: _____

Age: _____

Birthday: _____

Circle: Male / Female

Email: _____

Phone #: _____

T-SHIRTS:

Not guaranteed after March 20th!

Circle Size: AS AM AL AXL
YS YM YL YXL

Circle Race: 5K or 1 Mile

TOTAL: _____

Please make checks payable to Ron Rosner Family YMCA

Emergency Contact Info:

Name: _____