



The Super Run 5K & 8K

Saturday, May 16, 2015, 8:00 a.m.

Lake Lanier, Martinsville, VA

**To benefit Girls on the Run of Southern Virginia and
Martinsville STRIDE**

When: Saturday, May 16, 2015 race begins at 8:00 a.m.

Where: Beautiful Lake Lanier (pre/post race festivities to be held at former Druid Hills School)

Registration: 5K-\$25.00 for Single Runners or \$35.00 for Stroller Runners 8K-\$30.00 for Single Runners or \$40 for Stroller Runners (includes a t-shirt for your little person) until May 1st. Price increases by \$5.00 per category from May 1-Race Day **No shirt guarantee after May 1st.**

Includes: T-shirt, On-course Aid Station, Goody Bag, Finisher Awards for all, & post-race food!

Awards: Overall Male/Female Winners and Male/Female Age Groups for both the 5K & 8K

Packet Pick-up: Friday, May 15, 12-6:00 Martinsville YMCA or Race Day, 7:00 a.m. Druid Hills School

Please make checks payable to the **YMCA**. Registration forms can be mailed to the YMCA,
3 Starling Ave., Martinsville, VA 24112

Please complete and return with registration fee to either YMCA

- 5K (3.1 miles) 8K (4.97 miles)
 Individual Runner Stroller Runner

GOTR/STRIDE Team Association _____

First Name _____ Last Name _____

Address _____

Birthdate: _____ Age as of race day _____ Male/Female (please circle)

Phone # _____ E-mail Address _____

Child's Name(s) (stroller division ONLY) _____ Age _____

T-Shirt Size (please check one for individual runner or multiple for stroller division; only 1 children shirt per stroller registration)

No shirt guarantee after May 1st

___ Youth XS ___ Youth S ___ Youth Med ___ Youth Lg
 ___ Adult S ___ Adult M ___ Adult LG ___ Adult XL ___ Adult XXL

Waiver: In consideration of the acceptance of my entry, I hereby waive on behalf of my heirs, executors and assigns, all claims of any nature arising from my participation in The Super Run 5K & 8K Event, and do hereby release Girls on the Run, STRIDE, the Family YMCA Inc., all sponsors, workers, officials and volunteers from any claim whatsoever arising from my participation in this event. I agree to abide by all rules for participation, and acknowledge that the event committee may refuse my entry at its discretion. I further grant permission for the YMCA/STRIDE/Girls on the Run to use any photographs, motion pictures or other recording of the event for legitimate purposes. I HAVE NOTED ANY MEDICAL CONDITIONS on the reverse side of this form. I verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in the event.

Entry Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

(required of entrants under 18)

Emergency Contact: _____ Phone: _____

Presented By:

Title Sponsors:



**Dr. David Jones
Dr. Nicole DeShon**
INVISALIGN
SPECIALISTS

