



The Super Run 5K & 8K

Saturday, May 6, 2017, 8:00 a.m.

Lake Lanier, Martinsville, VA

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

When: Saturday, May 6, 2017 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, 8K-\$30.00 for Single Runners until April 29th, price increases by \$5.00 per category from April 30-Race Day **No shirt guarantee after April 29th.**

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 5, 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)

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)

No shirt guarantee after April 29th

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:

MARTINSVILLE BULLETIN

