

# Alexander County YMCA/Relay for Life 5K/10K Run/Walk for Health

**SATURDAY, APRIL 10, 2010**

## Race Waiver

I understand that participating in a road race is a potentially hazardous activity and I should not enter unless I am medically stable and properly trained. I assume all risks associated with running or walking in this event including, but not limited to, falls, contact with other participants, the effects of the weather and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry form, I, for myself, and anyone else acting on my behalf waive and release and indemnify the organizers of the 5K, 10K and Fun Run, Alexander County Relay fo Life volunteers, Alexander County YMCA, all sponsors, their representatives and assignors from all claims or liabilities of any kind arising out of my participation in this event, even though negligence or carelessness may arise on the part of the persons named in this waiver. I also give my permission for the free use of my name and picture in any written account, broadcast or telecast of this event for any legitimate purpose.

By signing, I accept the waiver.  
Signature of parent or guardian if under age 18.



### ENTRY FEES

- \$15.00--if registered by March 26--guarantees shirt
- \$20.00 after March 26

### AWARDS

- Top 3 Male and Female Overall
- Top 3 Male and Female in each age division
- Top Male and Female in Master's division
- Top 3 Male and Female Fun Run

*Fun Run for ages 12 and under only*

### AGE GROUPS

9-under	25-29	45-49	65-69
10-14	30-34	50-54	70-74
15-19	35-39	55-59	75-79
20-24	40-44	60-64	80-older

**Walkers are eligible for above awards, but separate awards will not be given.**

Make checks payable to:

Alexander County YMCA  
PO Box 10  
Taylorsville, NC 28681  
Contact Karen Elkins at 828-632-9699 karen@ymcairedell.org



# OFFICIAL REGISTRATION FORM

One per entry, copies accepted.

Register by March 26, 2010 to guarantee shirt and correct size

Name: \_\_\_\_\_  
                    First                    Middle I.                    Last

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Gender: (please circle)                      Male                      Female

T-shirt size: (please circle):

AS      AM      AL                      AXL                      AXXL

YS      YM                      YL                      Other:

I am registering for (please circle one):

5K Run/Walk      10K Run/Walk                      Fun Run



5K/10K Run/Walk at 9:00 am

Fun Run at 10am

Map Directions available  
online at [www.acymca.net](http://www.acymca.net)



Interested in helping sponsor? For a \$100.00 tax deductible donation, you can help both agencies provide a state of the art race. Sponsoring allows you to advertise your business or agency on the back of our race shirt.



Alexander County YMCA  
PO Box 10  
260 Black Oak Ridge Rd.  
Taylorsville, NC 28681  
Phone: 828-632-9699  
Fax: 828-635-1016

Alexander County

Relay for Life/

YMCA



5K & 10K Run/Walk

Fun Run

Taylorsville, North Carolina



Saturday, April 10, 2010

5K & 10K Walk/Run: 9:00 am

Fun Run: 10:00 am

## **Alexander County YMCA/Relay for Life 10k Course Route**

Start at the YMCA  
Black Oak Ridge Road to Rocky Face Road (turn right)  
Rocky Face Road to Johnny Wike Road (turn left)  
Johnny Wike Road to Black Oak Ridge Road (turn left)  
Black Oak Ridge Road to Linneys Mtn Road (turn right)  
Linneys Mountain Road to Black Oak Ridge Road (turn left)  
Finish line at Beulah Baptist Church Parking lot

## **Alexander County YMCA/Relay for Life 5k Course Route**

Start at New YMCA  
Black Oak Ridge to Carson Chapel  
Turn around  
Black Oak Ridge Road to Linneys Mountain Road (turn right)  
Linneys Mountain Road to Black Oak Ridge Road (turn left)  
Finish line at Beulah Baptist Church Parking lot

## **Alexander County YMCA/Relay for Life Fun Run Course**

Start at YMCA  
Black Oak Ridge to Linneys Mountain Road  
Turn around  
Back to YMCA