

# REGISTRATION

## PLEASE PRINT

Illegible and incomplete applications will not be accepted.



NAME \_\_\_\_\_

( ) TELEPHONE NUMBER \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

STREET / ROUTE ADDRESS \_\_\_\_\_

CITY ST ZIP \_\_\_\_\_

Age as of November 1, 2014: \_\_\_\_\_

Sex:  M  F

Tee Shirt Size:  S  M  L  XL

Register early to ensure getting a tee shirt.



I hereby declare that for myself and my heirs and executors that I will hold blameless the YMCA and all sponsors for any injury that may befall me as a result of my participation in the YMCA Pancake Race. I furthermore certify that my physical condition is adequate to allow me to participate in an event of this strenuous nature.

SIGNATURE (Parent signature if under 18) \_\_\_\_\_

DATE: \_\_\_\_\_

— MAKE CHECKS PAYABLE TO —

### Danville YMCA

- 5K Run
- 5K Walk
- Children's 1 Mile Fun Run  
(AGES 12 & UNDER)

— MAIL TO —

### Danville YMCA

810 Main Street  
Danville, VA 24541

NON-PROFIT ORGANIZATION U.S. POSTAGE PAID Danville, VA Permit No. 53

**Danville YMCA**  
810 Main Street • Danville, VA 24541

*Celebrating 28 Years!*



IN CONJUNCTION WITH  
**Danville YMCA Pancake Day**

## Danville YMCA TWENTY EIGHTH ANNUAL



# THE YMCA Pancake Race

**In Memory of Louie Fields  
& ONE MILE CHILDREN'S FUN RUN  
DANVILLE, VA**



## & Pancake Breakfast Sat., November 1, 2014



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## OUR SPONSORS



## The YMCA Pancake Race & 1 Mile Children's Fun Run Saturday, November 1st, 2014

### ENTRY FEE:

#### 5K Run/Walk

- ▼ Before October 26..... \$20.00
- ▼ After October 26 ..... \$25.00

#### Children's 1 Mile Fun Run

- ▼ Before October 26..... \$10.00
- ▼ After October 26 ..... \$15.00

### STARTING TIME:

- ▼ **1 Mile Children's Fun Run:** 8 a.m.
- ▼ **5K Run/Walk:** 9 a.m.

### RACE BEGINS & ENDS:

In front of the New Danville Family YMCA on the RiverWalk Trail

### PARKING:

Utilize the New Danville Family YMCA Parking Lot.

### ELIGIBILITY:

- ▼ **5K Run/Walk**  
Runners & Walkers of all abilities & speed
- ▼ **1 Mile Children's Fun Run**  
Children ages 12 & under

### ENTREE FEE INCLUDES:

T-shirt, free "all you can eat" pancake breakfast, aid station, post race refreshments, splits and mailed results, upon request. All proceeds go to YMCA Scholarship Program.

### AWARDS:

#### Runners - age groups

- ▼ First 3 Overall Finishers (M & F)  
First Overall Masters (M & F)
- ▼ First 3 Finishers in the following age groups:  
0-14, 15-19, 20-29, 30-39, 40-49,  
50-59, 60-69, 70 & over: (M & F)

#### Walkers - age groups

- ▼ First Overall Finishers (M & F)
- ▼ First 3 Finishers in age groups: 0-19,  
every 10 years to 69, 70 & up. (M & F)

#### One-Mile Fun Run - age groups

- ▼ First 3 Finishers: 12 & under
- ▼ Special Awards to all children 12 years and under.  
*NOTE: No duplication of overall and age group awards.*

### REGISTRATION & PACKET PICKUP:

**FRIDAY:** 5 p.m. to 7 p.m. (YMCA)

**SATURDAY:** 7 a.m. to 8 a.m. (YMCA)

### COURSE:

Fast, Flat course out and back along the Riverwalk Trail starting and ending in front of the New Danville Family YMCA.

FOR MORE INFORMATION

Call **Chris Wilson** at the New Danville YMCA.

**(434) 792-0621**

[chris.wilson@ymcadanville.org](mailto:chris.wilson@ymcadanville.org)

**WE EXTEND THE  
INVITATION TO  
ALL RUNNERS  
TO WEAR A  
COSTUME!!**

