

# THE 2010 UNCLE BILLY'S RACE Is SPONSORED BY:

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ALTAVISTA AREA YMCA  
P.O. BOX 149  
ALTAVISTA, VA 24517



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# UNCLE BILLY'S TWO MILER 2010

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June 12, 2010



Altavista High School  
9:00 A.M.

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## 32 YEARS RUNNING ALTAVISTA YMCA

## COURSE

The Uncle Billy's Two Miler presents a fast race course. Beginning in front of Altavista High School and finishing with  $\frac{3}{4}$  lap on the Altavista High School Track, the course is predominately uphill for the first mile and downhill for the second mile.

## SPLITS

Splits will be given at the one mile mark and amplified times called out at the finish.

## WATER STOPS

A water stop will be located prior to the one mile mark while water and Gatorade will be available at the finish line.

## MEDICAL ASSISTANCE

The Altavista Life Saving Crew will provide a vehicle at the one mile point, a vehicle to follow the runners, and a vehicle at the finish line. Local nurses and a doctor will be on hand at the Medical Tent located at the finish line.

## HOSPITALITY

A Hospitality Tent will include water and Gatorade for all runners. Shower facilities are available at Altavista High School.

## REGISTRATION

All runners whose entries are postmarked on or before June 7 will receive an Uncle Billy's 2 miler T-shirt. Late registration will be held at Altavista High School on Race Day from 7:30-8:30 A.M.

# RACE WILL BEGIN

AT 9:00 A.M.

## ENTRY FEE

\$15 prior to June 12 - \$20 on Race Day.  
Children 12 & under \$10.

## DIVISIONS (Men and Women)

12 - under	36 - 40
13 - 19	41 - 45
20 - 25	46 - 50
26 - 30	51 - 59
31 - 35	60 - up

## AWARDS

Plaquettes for the top three men and women finishers.

Medals for the top three finishers in each age group.

Medals for all children 12 and under who complete the race.

## 2009 WINNERS

Andrew Rigler 10:20  
Sarah Murphy 13:08

## BUSINESS AND INDUSTRY TEAM COMPETITION

Any business or industry may enter a team of at least four employees in the team competition. The winning team will be determined by the order of finish of the top four finishers of each team.

There is no limit to the maximum number of entries per team.

All team competition entries must be received prior to June 7.

If you are entering the race as part of a team, please signify by filling in the appropriate information on the entry form.

Remember: All team members must be full-time industry employees.

## UNCLE BILLY'S 2 MILER ENTRY FORM

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Sex \_\_\_\_\_ Age as of June 12 \_\_\_\_\_  
Did you run last year? ☐ Yes ☐ No  
Industrial Team Competition ☐ Yes ☐ No Team Name \_\_\_\_\_

T-Shirt*	Youth	Adult
Small	<input type="checkbox"/>	<input type="checkbox"/>
Medium	<input type="checkbox"/>	<input type="checkbox"/>
Large	<input type="checkbox"/>	<input type="checkbox"/>
X-Large		<input type="checkbox"/>
XX-Large		<input type="checkbox"/>

Waiver: For being allowed to participate in Uncle Billy's 2 Miler in Altavista, Virginia, I hereby agree to assume full responsibility for any injury, sickness, or health defect resulting from or received during participation in the above mentioned race. Further, I agree to release indemnify and save harmless the Altavista Area YMCA, its committees and sponsors, and assisting agencies and individuals from any liability, damage, claim or judgment that may result from or arise out of my participation in this race.

Signature of Runner

Signature of Parent (if under 18)

Make check payable to: Altavista Area YMCA, P.O. Box 149, Altavista, VA 24517

\*Mail on or before June 7 to receive free T-Shirt