



RACE DETAILS

Race Amenities

- Moisture-wicking t-shirt guaranteed to those registered by 9/2
- Water and Gatorade on course
- Post Race Food & Awards Ceremony
- Medals for all Fun Run Participants
- 5K Awards- Top three overall male and female, Top Masters (40+ and older) & top three male and female of each age group; 12 & under, 13-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Up.

Packet Pick Up

Friday September 9th

Riverside Runners- 3:00-6:30pm

Race Day

Downtown Y Lobby- 4:00-5:15pm

Contact info:

Kathy Thomas

Fitness Director

Emily Watkins

Membership Director

434-847-5597

www.lynchburgymca.org



**Race made possible through
our generous sponsors**



**Presbyterian Homes
& Family Services**



Race # 9

The YMCA of Central Virginia was founded in 1856 in Downtown Lynchburg. The YMCA is a nonprofit, community-based, service organization committed to helping people achieve their full potential through various programs. The YMCA's doors are open to people of all ages, backgrounds, abilities and incomes.

**Serving the Lynchburg
community for over
150 years**



2nd Annual Fall Frenzy 5K

**& Kids 1 Mile Fun Run
Held by the Downtown Y**



**Saturday Sept. 10th
Fun Run 5:30pm
5K 5:45pm**

Downtown YMCA
1315 Church Street
Lynchburg, VA

**Lynchburg Road Runners
Race Series- Race # 9**

*All proceeds to benefit YMCA Youth
Scholarship Fund*

The YMCA Mission:

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Fall Frenzy 5K & Kids 1 Mile Fun Run

Race Information

Start: Church Street at 12th

Finish: In front of Downtown Y

Course: Up Church, R on Washington, L on Madison, R on Pearl, L on Grace. Turn around at end of Grace, L into Presbyterian Cemetery, L onto Grace. L on 14th, R on Monroe, R on Dunbar, R on 12th, R on Church
-FINISH at Downtown Y.

Save Time AND money!

Register online! Link on our website

www.lynchburgymca.org

5K entry fees: **Paper:** Early=Now-8/19 \$25, Late=8/20-9/10 \$30

Online: Early= Now-8/19 \$20 (\$18 YMCA/LRRC Members) Late=8/20-9/7 \$25

Fun Run entry fees: **Paper:** Early= Now-8/19-\$15, Late= 8/20-9/10 \$20

Online: Early=Now-8/19 \$10, Late= 8/20-9/7 \$15

Contact info:

Kathy Thomas

Fitness Director

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Membership Director

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Fall Frenzy 5K & Youth 1 Mile Fun Run

Complete the entry form & return with your payment to one of the following locations:

- **Downtown YMCA**, 1315 Church Street, Lynchburg, VA 24504

- **Jamerson Family YMCA**, 801 Wyndhurst Drive, Lynchburg, VA 24502

- **Y Express**, 3408 Old Forest Road, Lynchburg, VA 24501

- **Riverside Runners**, 2301 Rivermont Ave, Lynchburg, VA 24503

REGISTRATION AVAILABLE ONLINE

www.lynchburgymca.org

RACE (Please circle):

5K

Youth Fun Run

Please **PRINT CLEARLY**

LAST NAME: _____ FIRST: _____

GENDER (M / F): _____ AGE ON RACE DAY: _____

ADDRESS: _____ CITY: _____ ST: _____ ZIP: _____

PHONE: _____ E-MAIL: _____

SHIRT SIZE **For 5K entrants** Adult Sizes: S M L XL XXL

SHIRT SIZE **For Fun Run entrants** Youth Sizes: S M L XL

Shirts are orange moisture wicking unisex. Entry forms must be received by Friday September 2nd to be guaranteed a Shirt

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**Each participant of the fun run will receive a finisher's medal, along with a shirt upon completion of the event. The Youth Mile Fun Run is a timed event that is designed for children 12 years of age and under who do not wish to compete in the 5K (3.1 mile) race.*

Online Registration ENDS September 7th

Waiver- MUST be signed: *I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in the event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and understood by me. Having read this waiver and knowing these facts, I hereby certify that I am in normal health and capable of safe participation in this event. I waive and release the YMCA of Central VA, the City of Lynchburg and all sponsors and their representatives from all claims or liabilities of any kind arising out of my participation in these events. I also give permission to participate in the media coverage and publicity of the YMCA and other sponsors.*

Signature (Guardian if under 18)

Date

NOTE: Entry fees are not refundable & may not be transferred