

## OUR SPONSORS



Danville Regional  
MEDICAL CENTER



**Danville Family YMCA**

215 Riverside Drive Danville, VA 24540

Celebrating 29 years!



IN CONJUNCTION WITH

**Danville YMCA Pancake Breakfast**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 29TH ANNUAL DANVILLE FAMILY YMCA FAMILY FUN RUN & 5K

& Pancake Breakfast  
In Honor of Louie Fields

Partnering with The  
Southside Region of the  
Virginia Council of Nurse  
Practitioners

**Saturday November 7, 2015**



# 29th Annual Danville Family YMCA 5k & Family Fun Run

## Entry Fee:

### Registration September 1st-November 6th

- ◇ 5k Race Run/walk.....\$30
- ◇ Children's 1 mile Fun Run.....\$15

Entry Fee includes t-shirt, a ticket to our "all you can eat" pancake breakfast, post race refreshments, splits and mailed results upon request. All proceeds go to YMCA Scholarship Program.

## Eligibility:

- ◇ 5k Run/Walk  
Runners and walkers of all ages and abilities.
- ◇ 1 mile Children's Fun Run  
Children's ages 12 and under

## Course:

- ◇ Fast, flat course out and back along the Riverwalk trail starting and ending in front of the Danville Family YMCA.

## Parking:

- ◇ Utilize the Danville Family YMCA Parking Lot

## Awards:

- ◇ Awards will be given after the race for the 5k run/walk and the children's 1 mile race at 10:15am.

## Registration & Packet-Pickup:

- ◇ Last chance to register is Friday, November 6th
- ◇ Packet Pick-up Friday 5pm-7pm
- ◇ Packet Pick-up Saturday 7am-8am

## Check-in Time:

- ◇ 1 mile children's run 7:45am
- ◇ 5k run/walk 7:45am-8:30am

## Start Time:

- ◇ 1 mile children's run 8am
- ◇ 5k run/walk 9am

### Runners

#### Need Help Training to run your First 5k?

We will be hosting a running training program for YMCA members. It will begin September 29th and meet every Tuesday and Thursday from 6pm-7pm. The group will gather in the lobby and prepare for their evening training.

For any questions regarding this training program contact Bryan Swann at [bryan.swann@ymcadanville.org](mailto:bryan.swann@ymcadanville.org) or 434-792-0621.

### Walkers

#### The Southside Step Challenge...

#### "Taking 10,000 Steps A Day to Better Health"

Please join local NP's in taking the Southside Step Challenge. We will meet every Saturday at 9am beginning September 26th until the 5k to prepare. Meeting place is in front of the YMCA. Prep Walks are free, but a donation of canned food or bottled water for God's Pit Crew is appreciated. Stop by our booth the day of the race as well!

Follow us on Facebook to take the Southside Step Challenge:

#### Website:

<http://www.vcnp.net/region.php?RID=101>

#### Facebook:

<https://m.facebook.com/events/1550672538509484/>

#### Email:

[southsidestepchallenge@gmail.com](mailto:southsidestepchallenge@gmail.com)



# REGISTRATION

## PLEASE PRINT

*Illegible and incomplete applications will not be accepted.*

\_\_\_\_\_

*Name*

\_\_\_\_\_

*Telephone Number*

\_\_\_\_\_

*Email*

\_\_\_\_\_

*Street Address*

\_\_\_\_\_

*City*                      *ST*                      *ZIP*

Are you are a Centra Employee? \_\_\_\_\_

Did you participate in the Step Challenge? \_\_\_\_\_

Age as of November 7, 2015: \_\_\_\_\_

Sex:    M    F

T-shirt Sizes:    XS    S    M    L    XL    XXL

...

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

Mail to:  
**Danville Family YMCA**  
215 Riverside Drive  
Danville, VA 24540