

## SPONSORS



## 31st Annual Family Fun Run/ Roll & 5k

Event Timeline:

### Friday, November 3th:

- ◇ Packet Pick-up: 5pm - 7pm

### Saturday, November 4th:

- ◇ Packet Pick-up: 7am - 8:30am
- ◇ Pancake Breakfast starts: 7am
- ◇ Registration ENDS: 8:30am
- ◇ Family Fun Run
  - ◇ Check in: 8am
  - ◇ Start: 8:30am
- ◇ 5k Walk & Run | 10k Run:
  - ◇ Check in: 8:30am
  - ◇ Start: 9am
- ◇ Awards Ceremony will commence at 10:30am.

### Pancake Breakfast: 7am - 11am

- ◇ Pancakes, Sausage, Coffee and Orange Juice will be provided.
- ◇ Race entry includes a free ticket to the Pancake Breakfast.



DANVILLE FAMILY YMCA

215 Riverside Drive Danville, Virginia 24540

Phone: (434) 792-0621 | [www.ymcadanville.org](http://www.ymcadanville.org)

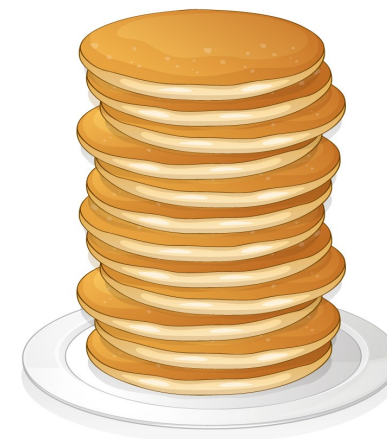
**Our Mission:** To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 31ST ANNUAL LOUIE FIELDS 5K

5K, 10K, 1 MILE FAMILY FUN  
RUN AND PANCAKE  
BREAKFAST IN HONOR OF  
LOUIE FIELDS



Saturday November 4, 2017  
DANVILLE FAMILY YMCA

# Danville Longest Running Race: 31st Annual Louie Fields 5k

## Registration:

### Registration: September 25 - November 4

- ◇ Last chance to register is Saturday, November 4th from 7am - 8:30am.
- ◇ **Only Check or Cash is accepted when registering on November 4th.**

## Eligibility:

- ◇ 5k & 10k Run/Walk: Runners and walkers of all ages
- ◇ 1 mile Family Fun Run: Ages 12 and under

## Entry Fee:

- ◇ 5k & 10k Race Run/Walk
  - ◇ Until Oct 28.....\$25
  - ◇ After Oct 28.....\$30
- ◇ Children's 1 mile Fun Run.....\$10
- ◇ Entry Fee includes:
  - ◇ a race t-shirt
  - ◇ a ticket to our pancake breakfast
  - ◇ Post race refreshments

**All proceeds go to YMCA Scholarship Program.**

## Packet-Pickup:

- ◇ Friday, November 3rd: 5pm-7pm
- ◇ Saturday, November 4th: 7am - 8:30am

## 31st Annual Pancake Breakfast

Enjoy savory Pancakes and delicious coffee sponsored by Golden Corral and Starbucks! This event is in conjunction with the 31st Annual Louie Fields 5k. We will be serving from 7am - 11am on Saturday, November 4th. Tickets are \$5. Tickets can be purchased at the door, from a staff member or at the front desk!



## Parking:

- ◇ Utilize the Danville Family YMCA Parking Lot and overflow lot.

## Awards:

- ◇ Awards will be given at 10:30am.

## Run Awards:

- ◇ provided for top 3 overall male/female, and the top 3 male, and female runners in each age group: 0-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, and 65 & over.

## Walk Awards:

- ◇ provided for the top three male and female of each age group: 0-29, 30-39, 40-49, 50-59, 60 & Over

## Check-in Time:

- ◇ 1 mile Family Fun Run: 8am
- ◇ 5k Run & Walk | 10k Run: 8:30am

## Start Time:

- ◇ 1 mile Family Fun Run: 8:30am
- ◇ 5k Run & Walk | 10k Run: 9am

## Course:

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

## Our Impact

For over 135 years, the Danville Family YMCA has been serving the needs of our community by providing services and programs to meet the ever-changing needs of our growing community. This past year, we:

- Provided over 500 scholarships in 2016, totaling \$106,284.
- Taught approx. 700 youth and adults to swim..
- Had over 250 kids participated in sports programs.
- Have served over 10,000 members of our community through programs and events.

# REGISTRATION

## PLEASE PRINT

Illegible and incomplete applications will not be accepted.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Telephone Number

\_\_\_\_\_  
Email

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City

\_\_\_\_\_  
ST

\_\_\_\_\_  
ZIP

Age as of November 4th, 2017: \_\_\_\_\_

Gender:  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 Louie Fields 5k. 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 Family YMCA**

5k Run  5k Walk  10k Run

1 mile Family Fun Run

Cut this line