

MILES IN the MARTINSVILLE

Half Marathon & 5K Training

- 5k Training 6 Week Program
- 1/2 Marathon Training 10 Week Plan

Half Marathon Training Information

- First Meeting
- Feb 15th @ 8am Location: YMCA
- Meetings every Saturday at 8am. Locations will vary.

5K Training

- First Meeting
- March 15th @ 7am Location: YMCA
- Meetings every Saturday at 7am at the Gazebo on Depot Street.

Member: Free
Non-Member: \$25.00

Please make checks payable to the YMCA.

SCAN QR CODE
TO SIGN UP
ONLINE



First Name: _____ Last Name: _____
Address: _____
Birthdate: _____ Male/Female (please circle)
Phone #: _____ E-mail Address: _____
Emergency Contact: _____ Phone: _____

Waiver: In consideration of the acceptance of my entry, I hereby waive on behalf of my heirs, executors and assigns, all claims of any nature arising from my participation in The TURKEY TWO MILE Run, and do hereby release the Family YMCA Inc., The Monogram Foods Smith River Sports complex, all sponsors, workers, officials and volunteers from any claim whatsoever arising from my participation in this event. I agree to abide by all rules for participation, and acknowledge that the event committee may refuse my entry at its discretion. I further grant permission for the YMCA to use any photographs, motion pictures or other recording of the event for legitimate purposes. I HAVE NOTED ANY MEDICAL CONDITIONS on the reverse side of this form. I verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in the event. Please check the box and type your signature below:

Entry Signature: _____
Parent's Signature: _____
(required of entrants under 18)

Date: _____
Date: _____

