Ukrop's MONUMENT AVENUE 10K PRESENTED BY Kroger

Atlantic Union Bank 10k Mini KIDS RUN

JOIN US APRIL 12, 2025
RICHMOND, VA

FIRST NAME | LAST NAME

STREET ADDRESS

CITY | STATE | ZIP CODE | GENDER (circle one) M / F / NB | DATE OF BIRTH (mm/dd/yy) __/__/__

TELEPHONE # ___-___-___ | If you are a student, what school do you attend? | Estimated Finish Time __:__:__

EMAIL ADDRESS

CHOOSE EVENT:

- ☐ 10K
- ☐ 10K MINI KIDS RUN
- ☐ 20K CHALLENGE
- ☐ VIRTUAL 10K

CIRCLE SHIRT SIZE

10K: YOUTH L S M L XL XXL

KIDS RUN: YOUTH M (8) YOUTH L (10-12) ADULT S ADULT M

EVERY PARTICIPANT MUST PROVIDE | **RACE DAY EMERGENCY CONTACT NAME:** | **TELEPHONE#:**

This event has a **NO** refund policy, even in the case of a race cancellation, event format changes, postponement, and/or if you are unable to participate. You may not transfer your entry to another person. You may defer your 2025 entry through March 18 No deferrals will be accepted after March 18. **NO EXCEPTIONS. Photo/Film Release**: Your image, motion picture, recording, or any other record of this event may be used for future marketing materials or other legitimate uses.

ENTRY FEE

	10k Adult	10k Youth	10k Mini (1 Mile for Kids)	
April 26 - April 29	$35	$25	$20	$
December 2- January 1	$40	$30	$25	$
January 4 - January 31	$45	$35	$25	$
February 1 - February 28	$50	$40	$30	$
March 1 - March 31	$55	$45	$35	$
April 1 - April 9	$65	$55	$40	$
April 10 - April 12	$75	$65	$45	$
$15 Income based rate available through April 8 or event sellout				$

SPECIAL RATE VERIFICATION - Office Use Only

This individual has demonstrated eligibility of income of less than $25,000/year by providing one of the following:

- ❑ Verification/Eligibility letter from Social Services
- ❑ Tax return

Approved: _____ (Name) _____ (Date)

20k Challenge

Complete a virtual 10k from April 13-20 and then complete the in-person 10k on April 12. Participants will receive an additional medal and Ukrop's Rainbow Cookies. $23 | $

Donations

Kids Run RVA Donation | $

VCU Massey Cancer Center Donation | $

Technical Shirt Upgrade

Upgrade from a 100% cotton race t-shirt to a Brooks technical running shirt for $20. (Circle Unisex Shirt or Ladies Tank) | $

TOTAL AMOUNT ENCLOSED | $

Payment Method:

- ❑ Check *(Payable to SPORTS BACKERS)*
- ❑ Credit Card *(Visa, MasterCard, or American Express)*

Credit Card Number: _____ - _____ - _____ - _____

Expiration Date: _____/_____ CSV: _____ Billing Zip Code: _____

Name as it appears on card: _____

Please note: All credit card transactions will incur a 5% processing fee.

EVERY PARTICIPANT MUST SIGN THIS WAIVER!

Runner's Agreement, Waiver, Release, And Acknowledgment

I know that running or walking a road race is a potentially hazardous activity. I will not enter and participate unless I am qualified, in good health, medically able, and properly trained. I assume all risks associated with this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, the conditions of the road, potential exposure to communicable disease (including but not limited to coronavirus/COVID-19, other viruses, bacteria, and all other infectious pathogens and disease vectors), all such risks being known and appreciated by me. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the event. I fully accept and assume all responsibility for losses, costs, and damages I incur as a result of my running this event. I agree to abide by any decision of a race official relative to my ability to safely complete the event. Having read this waiver, knowing these facts, and in consideration of accepting my entry, I for myself and anyone entitled to act on my behalf, discharge, waive, and release the Metropolitan Richmond Sports Backers, Ukrop's Homestyle Foods, Kroger, YMCA of Greater Richmond, Atlantic Union Bank, Sheehy Auto Stores, Bon Secours Mercy Health, Inc., VCU Massey Cancer Center, City of Richmond, County of Henrico, Road Runners Club of America, USA Track and Field, and any other sponsors, along with their officers, directors, agents, volunteers and employees from all claims or liabilities of any kind arising out of my participation in this event.

SIGNATURE (Parent or Guardian if Under Age 18) **DATE**

Entry fees are non-refundable and non-transferable. No exceptions. **Make checks payable to Sports Backers.** Sign up online or mail this entry form and payment (before April 1) to:

Sports Backers | 4921 Lakeside Avenue, Henrico, VA 23228