



FRIDAY, SEPTEMBER 27, 2019

6:32AM (SUNRISE)

RACE BEGINS AND ENDS AT THE KV YMCA!

31 UNION STREET. AUGUSTA

REGISTRATION

Pre-register by September 8th at Kennebec Valley YMCA in Augusta or Manchester or online at www.runreg.com/rise-n-shine and receive a free long sleeved Rise 'N Shine t-shirt. You can also register the day of the race beginning at 5:30 am. The registration fee is **\$29 in advance/\$35 day of event**, and benefits the KV YMCA. Please make checks payable to the Kennebec Valley YMCA.

THE COURSE

The Rise 'N Shine 5K Road Race is a fun and challenging course including the Kennebec River Rail Trail. **The event will begin and end at the Kennebec Valley YMCA in Augusta.**

INDIVIDUAL COMPETITION

WALKERS WELCOME

Timing for individual runners. **Teams are encouraged, but not timed together. Dress up and have fun as a team! There will be prizes!**

OTHER

Showers are available at the Y following the race. Babysitting available at the Y from 5:45 A.M. to post race at no cost, all children must be pre-registered prior to race day. Please call 622-9622 to make arrangements.

AWARDS

Awards will be given to the fastest overall and fastest men and women in the following age categories: 1st male/female - overall; 1st male/female - 14 and under, 15 to 19, 20 to 24, 25 to 29, 30 to 34, 35 to 39, 40 to 44, 45 to 49, 50 to 54, 55 to 59, 60 to 64, 65 to 69, 70 to 74, 75 to 79, and 80 and over.

* Awards will be given for best costumes. **Race results will be published at coolrunning.com, and the Y's website at www.kvymca.org.**

TIMING

We will once again use the chip technology to time runners. With this technology, runners wear a disposable racing bib. As the chip crosses over a set of special mats at the finish line, the chip sends its unique identification number to antennas in the mats. The time and number are then recorded in the finish line computers. As a result, no chutes are needed, there are no back-ups at the finish line, and the results tabulation is practically instant.

QUESTIONS?

Call the Kennebec Valley YMCA, 31 Union Street, Augusta, ME 04330, 622-9622 ext. 122.

Register today at www.runreg.com

or use the form below

FEE PER PARTICIPANT \$29 IN ADVANCE/\$35 DAY OF

- Entry Form and Waiver -

I realize that running a road race can be a potentially hazardous activity. I will assume all risks inherent with the running of this race. I have read this waiver and release the sponsors and representatives from all claims or liabilities arising from my participation.

Please be sure to fill in ALL information and sign below.

PHOTOGRAPHY RELEASE FORM

I, the undersigned, do hereby understand that all photographs taken at this race are the property of the Kennebec Valley YMCA\Boys & Girls Club of Augusta. I give the KVYMCA\ABGC the irrevocable right to use these photographs for reproduction in any print or electronic medium for the purposes of advertising, trade, display, exhibition, competition, or editorial use. I have read this release and understand and agree to its terms. I affirm that I am at least 18 years of age or am the legal guardian of the below named subject.

I grant permission for photos

I do not grant permission for photos

RUNNER **WALKER** (walkers are not timed)

I will not be participating but would like to make a donation to the KV YMCA.

NAME (please print) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL ADDRESS _____

T-SHIRT SIZE (unisex adult) CIRCLE YOUR SIZE: XS S M L XL 2XL 3XL

_____ AGE _____ GENDER _____ NUMBER OF YEARS PARTICIPATED _____

SIGNATURE (parent or guardian must sign for participants under 18)

Date: _____

MANY THANKS TO OUR MAJOR EVENT SPONSOR



Thank you for your participation!
Completed form and payment can be dropped off
at either KV YMCA office or mailed to:
31 Union Street, Augusta, ME