

**Greater West Point Family YMCA  
Town of West Point  
Crab Carnival  
8k and Fun Run**

**REGISTRATION FORM**

First Name: (please print) \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_ Age: \_\_\_\_\_ Birthday (mm/dd/yy): \_\_\_\_\_

T-shirt Size: (adult sizes)      Small              Medium              Large              X-Large

Gender:              Male      Female

**8K \_\_\_\_\_                      Fun Run (1 mile) \_\_\_\_\_**

**8K participants Only: Crab Carnival T-Shirt (adult sizes): S M L XL XXL**

Fee:                      \_\_\_\_\_ \$30 8k  
                                 \_\_\_\_\_ \$15 Fun Run

I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. I understand this is a road race and is not intended for individuals with headphones, baby joggers, baby stroller, dogs on leashes, skateboards, or skates and I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry I for myself and anyone entitled to act on my behalf, waive and release the Peninsula Metropolitan YMCA, Town of West Point and County of King William, race officials, volunteers and all sponsors, their representatives and successors from claims or liabilities or any kind arising out of my participation in this event. I grant permission to all the forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Guardian if under 18 \_\_\_\_\_ Date \_\_\_\_\_

Waivers will be available the morning of the event.

**Mail Completed Registration Form to:  
Greater West Point Family YMCA  
P.O.Box 1526  
West Point, Virginia, 23181**

Call (804) 843-3300 for more information.

# 2010 West Point Crab Carnival Races

*8k and Fun Run ( 1 mile)*



**Peninsula  
Metropolitan  
YMCA**

**We build strong kids,  
strong families,  
strong communities.**

**Saturday, October 2nd, 2010**

<b>Time:</b>	Registration	Race Starts	Fee
Fun Run	7:30am	8:00am	\$15.0
8K	7:45am	8:30am	\$30.00

**Where:** Greater West Point Family YMCA  
3135 King William Ave.  
West Point, Virginia

**Awards:** Fun Run Over all Male and Female  
8K Trophies will be awarded to the  
first male and female to finish in  
their age division

**Age Brackets:** 12 and under; 13 - 19; 20 - 29, 30 - 39  
40 - 49, 50 - 59 and 60 and over.

**Post-race:** Following the race there will be light  
Refreshments, fruit, water.

**Information:** For questions please call, 804-843-3300  
Greater West Point Family YMCA  
Lauren Hogan or Beth Miller



**To register visit [www.crabcarnival.com](http://www.crabcarnival.com)**