

2009 West Point Crab Carnival Races

8k, Fun Run (1 mile) and Tot Trot

Saturday, October 3rd, 2009



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

| Time: | Registration | Race Starts | Fee |
|--------------|---------------------|--------------------|------------|
| | Fun Run 7:30am | 8:00am | \$15.00 |
| | Tot Trot 7:30am | 8:15am | \$10.00 |
| | 8K 7:45am | 8:30am | \$30.00 |

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

Awards: Tot Run All receive Medals
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.westpointvachamber.com