



# REGISTRATION FORM | Marathon Training Team

ENTRY FORM AND PAYMENT MUST BE RECEIVED BY JUNE 30, 2023

First Name

Last Name

Street Address

City

State

Zip

Daytime Telephone Number

Date of Birth (mm/dd/yy)

Predicted Finish Time: ( 26.2 miles ) (Hours : Minutes)

GENDER (circle one) M / F / MX

E-mail Address:

Circle Long Sleeve Technical Race Shirt Style **Unisex Women's**

Circle Shirt Size (gender-specific): **S M L XL XXL**

Payment Method:

Cash or Check (Payable to SPORTS BACKERS)

Credit Card (Visa, MasterCard, or American Express)

Credit Card Number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Expiration Date: \_\_\_\_/\_\_\_\_ Zip Code: \_\_\_\_\_ Security Code: \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

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

Cell Phone: \_\_\_\_\_

(We encourage all participants to carry a cell phone on their person for all training sessions for safety)

We subdivide the Training Team into smaller groups intended to be of people who have similar speeds and training levels. In order to assign you to the proper group, please answer all of the following questions:

**What day and time would you like to participate in the group training?** (Please check one)

Saturday at 6:30 a.m. (7:00 a.m. in September)

Saturday at 7:00 a.m. (7:30 a.m. in September)

Sunday at 6:30 a.m. (7:00 a.m. in September)

**What level of training are you? Please check only one based on mileage.**

\_\_\_\_\_ 500 Miles/Novice (Run 2-4 days per week. Run less than 15 miles per week.)

\_\_\_\_\_ 700 Miles/Intermediate (Run 3-5 days per week. Run 20-25 miles or more per week.)

\_\_\_\_\_ Walking Team (only available Saturday at 6:30 a.m.)

Circle Gender Specific Cotton T-Shirt Choice: Unisex or Women's

Size: **S M L XL XXL**

Circle Technical Shirt Choice: Unisex Singlet or Women's Singlet or Unisex T-Shirt Size: **S M L XL XXL**

## TRAINING & RACE DAY EMERGENCY CONTACT

NAME \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

This training team 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. **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.

### Every participant must sign this waiver!

#### Runner's Agreement, Waiver, Release, And Acknowledgment

I know that training for a road race and running a road race is a potentially hazardous activity. I will not enter and run unless I am qualified, in good health, medically able, and properly trained. I assume all risks associated with training and running 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 training and/or event conditions are unsafe, I will immediately discontinue participation in training and/or the event. I fully accept and assume all responsibility for losses, costs, and damages I incur as a result of my training and/or 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, Virginia Commonwealth University Health System Authority, AGA Service Company, City of Richmond, County of Henrico, USA Track & Field, Road Runners Club of America, and any other sponsors, along with their officers, directors, agents, volunteers and employees from all claims or

Signature \_\_\_\_\_

Date \_\_\_\_\_

## TRAINING TEAM FEES

Includes **FREE** entry into 2023 Allianz Partners Richmond Marathon and Sports Backers Marathon Training Team

November 19 - May 17 \$175 = \$

May 18 - June 30 \$185 = \$

Income Based (through 6/30) \$40 = \$

Donation to Sports Backers Youth Programs = \$

*Make a \$50 donation to Sports Backers Youth Programs and take \$20 off your entry fee.*

**TOTAL = \$**

You may defer your 2023 Sports Backers Marathon Training Team entry through July 10 for \$20. You may not defer your free entry in the 2022 Allianz Partners Richmond Marathon.

## SPECIAL RATE VERIFICATION - OFFICE USE ONLY

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

Verification/Eligibility letter from Social Services

Tax Return

Approved by: \_\_\_\_\_

Name

Date

Make check payable to Sports Backers. Bring this form or mail along with any documentation of need, if applicable, to the Sports Backers office located at 100 Avenue of Champions Richmond, VA 23230. Or email it to mara@sportsbackers.org

marathon@sportsbackers.org | www.richmondmarathon.org | (804) 285-9495