



## YMCA of Greensboro

620 Green Valley Road,  
Ste. 210  
Greensboro, NC 27408

Non-Profit Org.  
US Postage  
PAID  
Greensboro, NC  
Permit No. 241

YMCA Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## The 8th Annual Katherine A. Ragsdale

# Reindeer Romp



### 5k Run

### 1-mile Fun Run/Walk

Saturday, December 10, 2011

8:30 a.m. 1-Mile Fun Run/Walk

9:00 a.m. 5k

Ragsdale Family YMCA  
900 Bonner Drive  
Jamestown, NC 27282  
336.882.9622

[ragsdaleymca.org](http://ragsdaleymca.org)

## Course Directions:

**Start: Stanford Road**

**LEFT** onto High Point Road

**RIGHT** onto Guilford College

**RIGHT** onto Vickery Chapel Road

**RIGHT** onto Memorial Lane

**LEFT** onto Hollister Lane

**LEFT** onto Clarfield Drive

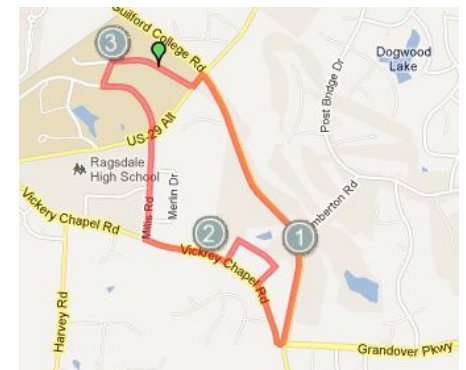
**RIGHT** onto Vickery Chapel Road

**RIGHT** onto Millis Road

**STRAIGHT** down Bonner Drive

**RIGHT** onto Delivery Road

**Finish: Stanford Road**



# Event Information

## Starting Time:

8:30 a.m. 1– mile Fun Run/Walk  
9:00 a.m. 5k  
10:00 am. 5k Awards Ceremony

## Entry Fee:

\$15 Fun Run/Walk  
\$20.00 Pre-Registration  
\$25.00 Registration after November 18  
or on Race Day

## Registration:

Online,at :  
register.ymcagreensboro.org,  
by mail, or in person at the Ragsdale Y  
Packet pick-up:  
Friday December 9, 2010  
Ragsdale YMCA  
3:00 p.m. to 6:00 p.m.

## Late Registration:

Begins at 7:30 a.m. at the Ragsdale  
YMCA the day of the race. Registration  
closes at 8:30 a.m. Only Cash or Check  
will be accepted the day of the race.

## Age Divisions:

0-14, 15-19, 20-24 , 25-29, 30-34,  
35-39, 40-44, 45-49, 50-59, 60-69, 70 +

.....  
: **Don't forget to wear your** :  
: **favorite** :  
: **HOLIDAY COSTUME!!** :  
: **Best Costume Award will be given!** :  
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# Participant Information

- T-Shirt: guaranteed for the first 200 competitors. Available thereafter while supplies last.
- Door Prizes: Drawing for gift certificates
- Refreshments: provided before/after the event for participants.
- Water stations will be provided throughout the 5K course.
- Recycling bins will be available on course as well as at start/finish area.
- Shower Facilities: available at Ragsdale Family YMCA
- Ties are not allowed in finish line positions. All decisions concerning the order of finish are final as rules by Race Committee.
- For directions:  
call: 336.882.9622  
email: marlee.rindal@ymcagreensboro.org
- Race Director:  
Marlee Rindal  
Wellness Director  
Ragsdale Family YMCA
- Race will be certified by Precision Timing

## Awards:

The 1-mile Fun Run/Walk awards will be given to the top three overall male and female finishers immediately following the race.  
The 5k awards will be given to the top three male and female finishers in each age group.

### MAIL ENRY FEE AND COMPLETED REGISTRATION FORM AND RETURN TO;

Ragsdale Family YMCA \* 900 Bonner Drive \* Jamestown, NC 27282

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

Check One:  1– Mile Fun Run/Walk  5K Run/Walk Birthdate: \_\_\_\_\_ Age day of race: \_\_\_\_\_

Gender:  Male  Female Shirt Size: **YOUTH**  small  medium  large **ADULT**  small  medium  large  X-large  2XL

**Waiver:** In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators, and assigns, release and discharge the YMCA and all other contributing sponsors and organizers from injury or loss which might occur during my participation and travel to or from said event; the Ragsdale YMCA Reindeer Romp to be held on December 10, 2011. I specifically release and discharge the said promoters and sponsors from all injuries, damages, arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility. I understand the registration fee is not refundable.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Parent/Guardian if Under 18: \_\_\_\_\_

Email: \_\_\_\_\_

In Case of Emergency Call: \_\_\_\_\_

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