



**16TH ANNUAL
SHRIMP FESTIVAL RUN
5K RUN / WALK
SATURDAY, MAY 1st, 2010
FERNANDINA BEACH, FL**



All proceeds benefit the YMCA to help Nassau County children through the "Strong Kids" Program.

START TIMES / AGE DIVISIONS

5K Run 8:00 am – 10 & under,
11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, 60-64, 65-69, 70 & over
1.5 Mile Walk 8:00 am – no age divisions
1 Mile Youth Run 8:45 am – ages 12 & under
½ Mile Popcorn Shrimp Run 9:00 am – ages 8 & under

Race Packet Pick-Up

Friday, April 30, 2010 7 am – 7 pm
McArthur Family YMCA

Saturday, May 1, 2010 7 am
Main Beach

ENTRY FEES - Pre-register by April 17th, 2010

½ Mile Popcorn Shrimp Run \$12.00
1 Mile Youth Run \$15.00
1.5 Mile Walk \$22.00
5K Run \$27.00

(Add late registration fee of \$5.00 after 4/17/10)

REGISTRATION Closes at Noon on Friday, April 30th until event day.

Event Day **REGISTRATION** from 7:00 – 7:45 am at Main Beach

AWARDS

Awards will be given to the top three male and top three female finishers in each age group in the 5K run, to the top male and female in the 5K run, to the top three male and female IM youth run, and to all IM youth run participants. Other prizes & awards will also be given at the completion of the event.

For more information call 904-261-1080 or visit us online at www.firstcoastymca.org

Name _____ Age (as of 5/1/10) _____ Gender _____ Birth Date _____

Address _____ City _____ ST _____ Zip _____

Phone _____ Email _____

Child's School _____

Event (circle) 5K Run 1.5 M Walk 1M Youth Run 1/2M Popcorn Run

Shirt Size (circle) Adult: S M L XL XXL Youth: S M L XL

PLEASE NOTE:

If you have your own Champion Chip number, please enter your Chip number below and save \$2!

In consideration of this entry, I waive all claims for myself and my heirs for any race official or sponsor for injury or illness which may directly or indirectly result from my participation. I further state that I am in proper physical condition to participate in the event and grant race officials and sponsors permission to use photographs or any other record for any legitimate purpose. I agree that I must return a rented Champion Chip transponder or I will be billed \$30.00 as replacement cost.

Signed _____ Date _____

Signed _____ Date _____ (Parent or guardian if participant is under 18)

PLEASE make check payable to McArthur Family YMCA, 1915 Citrona Drive, Fernandina Beach, FL 32034
OR Register ONLINE at www.active.com