



the **YMCA**

# Resolve

## 5K/10K

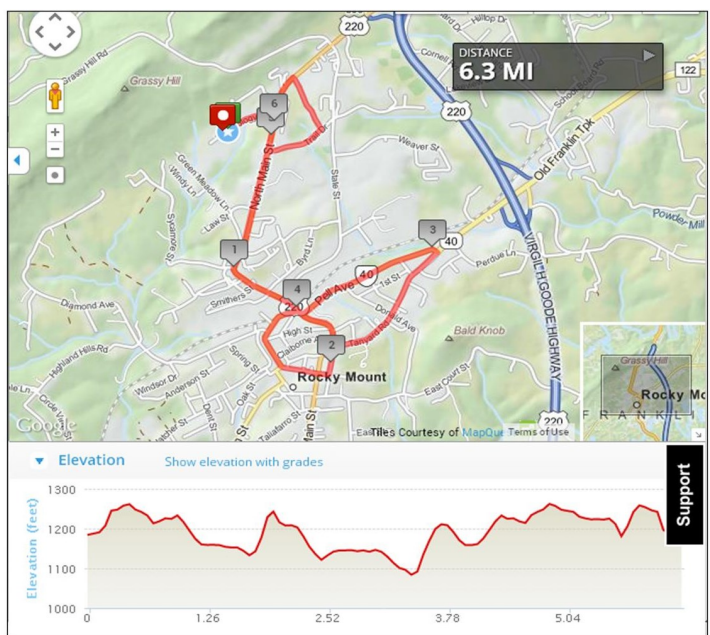
4th Annual

**RESOLVE 5K/10K Rocky Mount YMCA**  
**Saturday Jan. 21st 2017, 9AM Start**

**\$25 Early Registration**  
**(Before January 13th)**

**\$30 Late/Race Day Registration**

- Realize- It's a New Year*
- Empower- Yourself*
- Support – Each Other*
- Overcome- Obstacles and Elements*
- Live – Your Best*
- Visit – Rocky Mount YMCA*
- Embrace – The Challenge*



**For the 10K-** Start at the Y cul-de-sac on Technology Drive. Run up Technology Drive . Take a right onto Business 220 North Main Street. Follow this and go over the bridge. Cross the road at this light and take a right onto 40 West. Pass the library and take a left onto Church Street. Go up this hill. Cross over the road at the top (North Main Street) and go up this hill. This is East Church Street. Take a left onto Maple Street. Follow this and go straight. Cross through this light continue straight. Take a right onto Pell Avenue ( across from the Hub restaurant). Continue on until you see the High School. Take a right onto Tanyard. Pass the armory and go up the hill. Take a right at the top of this hill onto North Main Street.  
 Follow this road straight past the Hub restaurant, back over the bridge and back past the Y. Take a right just before El Rodeo Restaurant onto Meadow View Avenue. This runs into Trail Drive. Take a right onto Trail Drive and come up along the Police Station. This road ends at Business 220 North Main Street. Take a right and run back across this road at the designated area back down Technology Drive to the Finish line at the cul-de-sac.

**For the 5K-** Start at the Y cul-de-sac on Technology Drive. Run up Technology Drive . Take a right onto Business 220 North Main Street. Follow this and go over the bridge. Cross the road at this light and take a right onto 40 West. Follow this road until you reach the parking lot just past Gina's Place. There will be a water station here and a cone to signal you to turn around here. Follow the same route back that you came, to the finish line at the Y cul-de-sac.

**← Registration on back**

# Registration Form

Awards for Age Divisions and Top 3 Male / Female Runners

Packet Pick-Up/Registration- Rocky Mount YMCA Friday Jan. 20th 2-6PM

Race Day Packet Pick-Up/Registration 7:30-8:30AM

**Early Registration (Post Marked by Jan 13<sup>th</sup>) \$25** Late/Race Day Registration \$30

***This is a Fundraising Event - All proceeds benefit Franklin County Family YMCA***

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_  
Address \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

Circle Event: *5k / 10k* Make Check Payable to: Franklin County Family YMCA

Mail to: **PO Box 720 Rocky Mount VA 24151** Attn: **Kevin McAlexander**

Read and Sign: *I know that running a race is a potentially hazardous activity and requires proper training. I should not run unless I am medically able to safely complete the race. I agree to abide by race directions. I do hereby for myself, my heirs, my executors, administrators and assignees, release and forever discharge the YMCA, its sponsors and all others manning this event from all claims of any kind or nature as a result of my participation in this event.* Sign \_\_\_\_\_

Parent/ Guardian for Participants under 18 \_\_\_\_\_ Date \_\_\_\_\_

## Or Register Online:

**<https://runsignup.com/Race/VA/RockyMount/YResolve5k10k>**