

The Willard Co. & Franklin County YMCA Presents:



All proceeds
benefiting the
Franklin County YMCA!

October 14th, 2017 @ 10:30am

Join us after the run for some fun including an Oktoberfest style Strong Man Contest!! The Sauerkraut Band & Saengerbund Band will perform German style music in Bavarian style clothing!

Registration Form

Name: _____ Sex: _____ Birth date: _____ Age: _____

Address: _____ City: _____ State/ZIP: _____

Phone: _____ E-mail address: _____

5k participant Shirt (circle one): S M L XL

5k trail run

Adult Entry	13 yrs. old and younger
\$25 before Oct. 14	\$15 before Oct. 14
\$30 on Race Day	\$20 on Race Day

Keg Carry \$5 (more information on back)

Keg Toss \$5 (more information on back)

Amount Enclosed: _____

Online Registration at Runsignup.com -- Make Checks payable to SML YMCA.

Application Must Be Signed: I know that running a trail race or competing in a strong man contest are a potentially hazardous activities. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of event officials relative to my ability to safely complete the activity. Booker T. Park or Sunken City Brewery are in no way a responsible party or liable. I do hereby for myself, my heirs, executors, administrators and assignees, release and forever discharge the sponsors and all those involved and manning this event, from all claims of any kind arising as a result of my participation in this race or strong man competition.

Signature: _____ Date: _____

5k Packet Pick-up Dates and Times:

Friday, October 13th, 6am - 7pm: Smith Mountain Lake YMCA, 293 Firstwatch Drive Moneta (near Westlake Corner).

Saturday, October 14th 9 am - 10 am: at event site

Questions? 540.721.9622 or smy1@franklincountyyymca.org

5k Registration Information:

Adult Entry	13 yrs. old and younger
\$25 before Oct. 14	\$15 before Oct. 14
\$30 on Race Day	\$20 on Race Day



Only 100 5k t-shirts are available, so register early!!!

The 5K Trail Race will start at 10:30 a.m. and begin at Westlake Towne Center, wind through the Jack-O-Lantern Branch Heritage Trail at the Booker T. Washington Monument, and end at the Oktoberfest. Awards will be presented soon after the race ends. Timing by Mountain Junkies.

Come for the race, stay for the party!

Awards for the Top 3 Overall 5k Finishers.

Age Division Awards to Top 3 Males/Females: The festival will include live entertainment by both the Sauerkraut Band local Saengerbund band in traditional Bavarian style clothing. The event will also feature a children's play area, German food and a special Oktoberfest beer brewed by Sunken City Brewery.

Pre sold tickets \$5 and day of admission \$10.

Children under 13 free.

Rain or shine festival!

14 and under
15-19
20-24
25-29
30-34
35-39
40-44
45-49
50-54
55-59
60-64
65 and over

Strong Man Contest: Keg carry:

- a full full size keg
- a full pony keg

Keg toss:

- an empty full size keg
- an empty pony keg

Competitors may choose either keg size for either event. A winner will be named for both sizes in both events. Competitors can only score in one of the events (i.e., competitor cannot win in both the full size and pony keg carry or toss).

Rules: \$5 per attempt in either event

Keg Carry

-Competitor will carry the keg Hussafel-style for maximum time. Timing will begin as soon as the competitor is in a full standing position with the keg, and begins walking with it. Timing will end as soon as a) the competitor stops moving forward, or b) the keg touches the ground, total distance will be recorded as the final score.

Keg Toss

-Competitor will have 3 attempts to throw the keg as far as possible for distance, using any method (overhead, side toss, rear overhead). The best of 3 attempts will be recorded as the final score.

NO: tacky/grippy sleeves or other clothing. Belts, knee wraps, sleeves, and chalk are permitted.

Awards will be given to the top male/female participants in each category. Awards will also be given to the two runners up per event.

Directions: (from Roanoke) Take 220 North to Wirtz Road, Left 122 North, to 40 Brewery Drive (Sunken City Brewery) next to Kroger Shopping center

Contacts: Lauren Acker (540)721-9622
or email: smly1@franklincountyyymca.org