

## SPONSORS



## 32nd Annual Louie Fields 5k

Event Timeline:

### Friday, November 2nd:

- ◇ Packet Pick-up: 5pm - 7pm
- ◇ Participants picking up on Friday are entered for a chance to win a free 1-hour Massage or 1-month Adult Membership.

### Saturday, November 3rd:

- ◇ Packet Pick-up: 7am - 8:30am
- ◇ Pancake Breakfast starts: 7am
- ◇ Registration ENDS: 8:30am
- ◇ Family Fun Run
  - ◇ Check in: 8am
  - ◇ Start: 8:30am
- ◇ 5k Walk & Run:
  - ◇ Check in: 8:30am
  - ◇ Start: 9am
- ◇ Awards Ceremony will commence at 10:45am in the YMCA Gymnasium.

### Pancake Breakfast: 7am - 11am

- ◇ Pancakes, Sausage, Coffee and Orange Juice will be provided.
- ◇ Race entry includes a free ticket to the Pancake Breakfast.



#### DANVILLE FAMILY YMCA

215 Riverside Drive Danville, Virginia 24540

Phone: (434) 792-0621 | [www.ymcadanville.org](http://www.ymcadanville.org)

**Our Mission:** To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 32<sup>ND</sup> ANNUAL LOUIE FIELDS 5K

5K RUN/WALK, 1 MILE FAMILY FUN  
RUN AND PANCAKE BREAKFAST IN  
HONOR OF LOUIE FIELDS



**Saturday November 3, 2018**  
**DANVILLE FAMILY YMCA**

# DANVILLE'S LONGEST RUNNING RACE: 32ND ANNUAL LOUIE FIELDS 5K

## Registration:

**September 25 - November 3**

- ◇ Last chance to register is Saturday, November 3<sup>rd</sup> from 7am - 8:30am at Union Church.
- ◇ **Only check or exact cash is accepted when registering on November 3<sup>rd</sup>.**

## Eligibility:

- ◇ 5k Run/Walk: Runners and walkers of all ages
- ◇ 1-mile Family Fun Run: Ages 12 and under

## Entry Fee:

- ◇ 5k Run/Walk
  - ◇ Until Oct 30.....\$25
  - ◇ After Oct 30.....\$30
- ◇ 1-mile Family Fun Run.....\$10
- ◇ Entry Fee includes:
  - ◇ a race t-shirt
  - ◇ a ticket to our pancake breakfast
  - ◇ Post race refreshments

**All proceeds go to YMCA Scholarship Program**

## UPDATED PACKET-PICKUP:

- ◇ **Friday, November 2<sup>nd</sup>: 5pm-7pm**
- ◇ **Saturday, November 3<sup>rd</sup>: 7am - 8:30am**
  - ◇ **Race Day Packet-Pickup will occur in Union Church parking lot.**

## UPDATED PARKING/TRANSPORTATION:

- ◇ Utilize the Union Church & Epiphany Parking Lot and overflow lot. **Shuttle buses are available to & from the YMCA before & after race.**

## 32<sup>nd</sup> Annual Pancake Breakfast

Enjoy savory Pancakes and delicious coffee sponsored by Golden Corral and Starbucks! This event is in conjunction with the 32<sup>nd</sup> Annual Louie Fields 5k. We will be serving from 7am - 11am on Saturday, November 3<sup>rd</sup>. Tickets are \$5. Tickets can be purchased at the door, from a staff member, or at the front desk!



## Awards:

- ◇ Awards will be given at 10:45am.

## Run Awards:

- ◇ Provided for top 3 overall male/female, and the top 3 male, and female runners in each age group: 0-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, and 65 & over

## Walk Awards:

- ◇ Provided for the top three male and female of each age group: 0-29, 30-39, 40-49, 50-59, 60 & Over

## Check-in Time:

- ◇ 1 mile Family Fun Run: 8am
- ◇ 5k Run & Walk | 10k Run: 8:30am

## Start Time:

- ◇ 1 mile Family Fun Run: 8:30am
- ◇ 5k Run & Walk | 10k Run: 9am

## UPDATED COURSE:

- ◇ **Scenic course out through the heart of Main Street. Start at the corner of Chestnut Street and Main, up from Union Church on to W Main St looping back on Howeland Circle for a downhill finish. The Brick will be utilizing the Innovative Timing System for quick and accurate results.**

## Our Impact

For over 136 years, the Danville Family YMCA has been serving the needs of our community by providing services and programs to meet the ever-changing needs of our growing:

- Provided over 900 scholarships in 2017 totaling \$135,840
- Taught over 1,000 youth and adults to swim
- Had over 250 kids participated in sports programs
- Have served over 10,000 members of our community through programs and events

# REGISTRATION

## PLEASE PRINT

Illegible and incomplete applications will not be accepted.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Telephone Number

\_\_\_\_\_  
Email

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City ST ZIP

Age as of November 3<sup>rd</sup>, 2018: \_\_\_\_\_

Gender:  M  F

Adult T-shirt Sizes:  S  M  L  XL  XXL

Youth T-shirt Sizes:  S  M  L  XL  Adult S

Cut this line

.....

I hereby declare that for myself and my heirs and executors that I will hold blameless the YMCA and all sponsors for any injury that may befall me as a result of my participation in the Louie Fields 5k. I furthermore certify that my physical condition is adequate to allow me to participate in an event of this strenuous nature.

\_\_\_\_\_  
Signature (Parent signature if under 18)

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

5k Run  5k Walk

1 mile Family Fun Run

**\*Online Registration is available at:  
[www.ymcadanville.org](http://www.ymcadanville.org)**

**\*An extra fee of \$2.50 applies to online registrants**

**Sign language interpreter is available upon request.**