



REGISTRATION FORM | Half Marathon Training Team

TRAINING BEGINS AUGUST 9 & 10, 2025

First Name [] Last Name []

Street Address []

City [] State [] Zip []

Telephone Number [] Date of Birth (mm/dd/yy) [] Predicted Finish Time: [] (13.1 miles) (Hours : Minutes) [] GENDER (circle one) []

E-mail Address: []

Unisex Long Sleeve Technical Race Shirt [XS S M L XL XXL or OPT OUT] Race Day technical Shirt Cut: [Unisex Singlet Ladies Singlet]
Unisex Cotton/Polly Blend T-Shirt Size: [XS S M L XL XXL XXXL or OPT OUT] Race Day technical Shirt Size: [XS S M L XL XXL or Opt Out]

Payment Method: [] Credit Card Number: [] Expiration Date: [] Zip Code: [] Security Code: []
Name as it appears on card: []
Please note: All credit card transactions will incur a 5% processing fee.

Cell Phone: []
(We encourage all participants to carry a cell phone on their person for all training sessions for safety)
As part of the training program, we subdivide the team into smaller groups. These groups are intended to be of people who have speeds and training levels. In order to assign you to the proper group, please answer all of the following questions:
What day would you like to participate in the group runs? (Check one) [] Saturday [] Sunday
What training level are you? Please check only one (based on mileage not speed).
[] Novice (Run 2-4 days & 15 or less miles per week)
[] Intermediate (Run 3-5 days & about 18-25 miles per week)
[] Walking Team (Saturday Only)
[] Virtual (Train on your own)

TRAINING & RACE DAY EMERGENCY CONTACT
NAME []
PHONE NUMBER []

This training team has a NO refund policy, even in the case of a race cancellation, event format changes, postponement, and/or if you are unable to participate. You may not transfer your entry to another person. NO EXCEPTIONS. Photo/Film Release: Your image, motion picture, recording, or any other record of this event may be used for future marketing materials or other legitimate uses. HMTT Minimum Age: 14 years old. If you are under the age of 16, you must have a parent/guardian present for all training runs.

Every participant must sign this waiver!
Runner's Agreement, Waiver, Release, And Acknowledgment
I know that running or walking a road race is a potentially hazardous activity. I will not enter and participate unless I am qualified, in good health, medically able, and properly trained. I assume all risks associated with this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, the conditions of the road, potential exposure to communicable disease (including but not limited to coronavirus/COVID-19, other viruses, bacteria, and all other infectious pathogens and disease vectors), all such risks being known and appreciated by me. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the event. I fully accept and assume all responsibility for losses, costs, and damages I incur as a result of my running this event. I agree to abide by any decision of a race official relative to my ability to safely complete the event. Having read this waiver, knowing these facts, and in consideration of accepting my entry, I for myself and anyone entitled to act on my behalf, discharge, waive, and release the Metropolitan Richmond Sports Backers, AGA Service Company, CarMax, Virginia Commonwealth University Health System Authority, City of Richmond, County of Henrico, USA Track & Field, Road Runners Club of America, and any other sponsors, along with their officers, directors, agents, volunteers and employees from all claims or liabilities of any kind arising out of my participation in this event.

TRAINING TEAM FEES (ENTRY FROM & PAYMENT MUST BE RECEIVED BY AUGUST 31, 2025)
Includes a FREE entry into the 2025 CarMax Richmond Half Marathon
November 22 - July 18 \$150 = \$ []
July 19 - August 31 \$165 = \$ []
Income Based (through 8/31) \$35 = \$ []
Donation to Sports Backers Youth Programs = \$ []
Make a \$50 donation to Sports Backers Youth Programs and take \$20 off your entry fee. TOTAL = \$ []

You may defer your 2025 Sports Backers Half Marathon Training Team entry through Sept 8 for \$25. No deferrals will be allowed after Sept 8 You may NOT defer your free entry into the 2025 CarMax Richmond Half Marathon.

SPECIAL RATE VERIFICATION - OFFICE USE ONLY
This individual has demonstrated eligibility of income less than \$25,000/year by providing one of the following:
[] Verification/Eligibility letter from Social Services [] Tax Return
Approved by: [] Name [] Date []

Make check payable to Sports Backers. Bring this form or mail along with any documentation of need, if applicable, to the Sports Backers office located at 4921 Lakeside Avenue, Henrico, VA 23228. Or email it to mara@sportsbackers.org

Signature (Parent/Guardian if under 18) [] Date []