



10th Annual
Virtual Glo Run & Walk
October 25th – 31st

What is a virtual race?

A virtual race is a flexible race option that allows people from all over the world to participate in. You can choose your course from the recommended ones or choose your own and complete a 5K race. Run competitively or take a stroll on your favorite roads, trails, or even your treadmill.

When do I have to complete the race?

A benefit of a virtual race is that you pick your time and date. Participants will be able to complete the 5K race anytime between Oct 25th – 31st, 2020.

What is the cost?

Students 17 & under: Free (can also purchase a glow in the dark shirt for \$10)

17 years & up: Only \$25! (includes the glow in the dark shirt)

Sounds great! How do I register?

Register online @ <http://bit.ly/IYLFVirtualGloRun>

Packet pick ups:

Packet pick up for anyone that registered before October 9th will be on October 23rd at V Fit Training Center from 12pm-5pm. Packet pick up for anyone that registered after October 9th will be November 13th at V Fit Training Center from 12pm-5pm

Name: _____ Sex: Male Female Age on race day: _____

Grade (if student): _____ School (if student): _____ Race (circle one): Run Walk

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____

Emergency Contact: _____ Phone: _____

T-Shirt Size (circle one): **Youth Small Youth Medium** / Adult Small - Adult Medium - Adult Large - Adult XL - Adult XXL

Payment Enclosed: _____ (cash or check, circle one)

For more information visit our website at www.itsyourlifefoundation.org. If you have any questions, email us [here](#).

Waiver & Release: In consideration of acceptance of this entry, I understand, assume full and complete responsibility for any injury or accident which may occur during my participation in the 2020 It's Your Life Run/Walk and I hereby release and hold harmless the officials, sponsors, volunteers, public entities, IYLF walk committee of the event and do hereby waive for myself, my heirs, successors and assigns any and all claims for damages for death, personal injury or property damage which I may have, or may thereafter accrue to me as a result of my participation said event. Further I grant full permission to any and all of the foregoing to use my name, photographs, videotapes, and any other records of me participating in this event for any publicity and or promotional purposes without obligation or liability to me. I also understand that my entry fee is non-refundable.

Participant's Signature _____ Date _____

Guardian's Signature (if under 18) _____ Date _____

For any additional questions please call 361-947-1540
 Coaches, if needing us to pick up your packets, please call me at the number above