

# YMCA 5K WALK/RUN 2011

## ENTRY FORM

| Age Category (check to specify)     | Male/ Female (circle one) | Adult shirt size (circle one) |
|-------------------------------------|---------------------------|-------------------------------|
| <input type="checkbox"/> 14 & under | M    F                    | S   M   L   XL                |
| <input type="checkbox"/> 15-19      | M    F                    | S   M   L   XL                |
| <input type="checkbox"/> 20-29      | M    F                    | S   M   L   XL                |
| <input type="checkbox"/> 30-39      | M    F                    | S   M   L   XL                |
| <input type="checkbox"/> 40-49      | M    F                    | S   M   L   XL                |
| <input type="checkbox"/> 50-59      | M    F                    | S   M   L   XL                |
| <input type="checkbox"/> 60 +       | M    F                    | S   M   L   XL                |

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Phone number: \_\_\_\_\_ Age: \_\_\_\_\_

Payment will be accepted by mail or in person at the Southern Prairie YMCA before May 4, 2011

Checks (payable to YMCA) or cash

- \$5.00 Fun Run (water bottle included)
- \$15.00 before May 4, 2011
- \$20.00 after May 4 (no guarantee on shirt size)

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may have against the Southern Prairie YMCA, City of Creston and individuals or groups associated with this event, their agents, representatives, successors and assigns for any and all injuries suffered by myself in said event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event.

Participants Signature: \_\_\_\_\_ Date: \_\_\_\_\_