



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RUN FOR HEALTH
Annual Memorial 5

Building a healthy lifestyle for the whole family.



Date: May 28, 2016
Time: 8:30 AM Kids Race (KIDS RACE IS FREE NO SHIRT) (\$12.00 if you want a Kids Shirt)
Entry Fee: \$16 for Youngstown YMCA Members \$18 Non-Members
Facilities: Restrooms, locker rooms and showers will be available for all runners.
Course: Race begins at the Youngstown YMCA into Mill Creek Park looping around beautiful Lake Glacier and back to the YMCA.
Race APPS: Available at Youngstown Central & Davis YMCA's and Second Sole Youngstown YMCA Memorial 5

Awards to top 3 overall male and female
1st place Masters/Grand Masters
Top 3 male and female in each age division
Age Groups
14 and under 15-19 20-24 25-29
30-34 35-39 40-44 45-49 50-54
55-59 60-64 65-69 70-+
All kids receive an award

Cost of the Race includes:
Race Shirt and Picnic
Following the Run

Please fill out completely. Use a separate form for each participant.

NAME [ ]
ADDRESS [ ]
CITY [ ] STATE [ ] [ ] ZIP [ ] [ ] [ ] [ ] [ ] [ ]
BIRTH DATE [ ] [ ] [ ] [ ] [ ] [ ] AGE [ ] [ ] PHONE [ ] [ ] [ ] - [ ] [ ] [ ] [ ] - [ ] [ ] [ ] [ ]

5 Mile Run [ ] 5 Mile Walk [ ] 1/2 Mile Kids Event [ ] F [ ] M [ ]
CIRCLE SHIRT SIZE YOUTH S M L ADULT S M L XL XXL

THE FINE PRINT:
In consideration of accepting this entry, I, the undersigned, intending to be legally bound for myself, my executors, and administrators, waive and release any and all claims for personal injuries, losses, and damages from participation in this event which I may have against the Youngstown YMCA, their members, volunteers, and sponsors, the Mill Creek Metropolitan Park District, its Board of Park Commissioners, and Park District employees, and the City of Youngstown. I attest that I am physically fit and trained sufficiently for completion of this event. My physical condition has been verified by a licensed medical doctor. Furthermore, I hereby grant full permission to any and all foregoing to use photographs, videotapes, recordings, and other records of this event. Refunds or transfers will not be given for any reason. No Rain Date. Race will be held rain or shine.

Signature \_\_\_\_\_ (Parent's if under 18) Date \_\_\_\_\_
Date \_\_\_\_\_ Amount \_\_\_\_\_ Receipt # \_\_\_\_\_ Check # \_\_\_\_\_ MC \_\_\_\_\_ VISA \_\_\_\_\_ Cash \_\_\_\_\_ int. \_\_\_\_\_ 0205-1311