

YMCA 5K Walk/Run 2010 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	Name: _____ Email: _____ Address: _____ City _____ State _____ Phone number: _____ Age: _____ Payment will be accepted by mail or in person at the Southern Prairie YMCA before April 30, 2010 Checks (payable to YMCA) or cash <input type="checkbox"/> \$5.00 Fun Run (water bottle included) <input type="checkbox"/> \$15.00 before April 30, 2010 <input type="checkbox"/> \$20.00 after April 30th (no guarantee on shirt size)
<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	

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: _____

Signature of parent or guardian of under 19 yrs. required: _____ Date: _____