



Fitness 5K

Tri-County YMCA

1st Annual

AUGUST 23, 2008

- 5K Run/Walk - 7:30 am (EDT)
- 1 Mile Family Walk - 7:35 am (EDT)
- Children's Activities - 7:00 to 9:30 am

Activities will be available at the YMCA for children (ages 5 to 15) to participate in while parents complete the Run/Walk.

Any questions, please contact Pat Miller at 812-367-1970 or pmiller@bestchairs.com

Pre-Register by Aug. 16, 2008

Race Day Registration begins at 6:30 am (EDT)

ENTRY FEES:

- \$15 for pre-registered runners and walkers
- \$20 for registration on race day
- \$12 for purchase of **TECHNICAL MOISTURE WICKING T-SHIRT** only
- Family Walk; no charge; Registration required. T-Shirt not included in Family Walk, available for \$12

Awards will be given to first, second, and third place finishers in the overall men/women's divisions and the first place finisher in each age group.

Circle One: 5K RUN/WALK 1 MILE FAMILY WALK

Name _____ Gender _____ Age (on day of race) _____

Address _____ City _____ State _____ Zip Code _____

Phone _____ Email _____

Are you planning to bring children to the activities? _____ If yes, how many? _____ Ages of children _____

Circle One T-Shirt Size: Adult: S M L XL 2X Child: S M L

In consideration of the acceptance of my entry, I the undersigned, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators waive and release forever any and all claims or damages I might accrue against Tri-County YMCA, City of Ferdinand, the County of Dubois, Indiana, race directors, and the event sponsors for all claims, demands, action whatsoever, including negligence, in any manner arising or growing out of my participation in said run. I certify that I have prepared for this event and am in adequate physical condition for this event. I agree to follow the rules of this race and to permit myself to be removed from competition if, in the opinion of the race administrators, my continuing would endanger my health.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age _____ Date _____

Make Check Payable to: Tri-County YMCA
Mail Entry Form to: Tri-County YMCA, Attn: Jen Lusk/Amy Fetter
PO Box 171 / 802 E 10th St. / Ferdinand, IN 47532
Or drop off at one of the following locations: Tri-County YMCA, Y Wee Care Facility, and YMCA Day Camp Locations

