

Flippin' 5K

Martha Miller Memorial



Support your Lancaster YMCA Gymnastics Team by signing up today!

Saturday, August 12, 2017
Robert K. Fox Family YMCA
8:30 a.m.

5K Course will start and end in the YMCA rear parking lot

- Race day registration and packet pickup is from 7:30-8:15 a.m.
- Early bird registration postmarked by Aug. 1 is \$20 (guaranteed t-shirt)
- Registration after Aug. 1 is \$25 (t-shirt available first-come, first-serve)
- Door prizes
- Medals for top three finishers in each male and female age group
- Event will be held rain or shine and no refunds will be issued
- Call, mail or visit the Robert K. Fox Family YMCA at 465 W. Sixth Ave., Lancaster, Ohio 43130 740-654-0616

Age Groups
12 and under
13-15
16-19
20-29
30-39
40-49
50-59
60-69
70+

Flippin' 5K Registration Form

Name _____ Sex _____ Age on 8/12/17 _____

Address _____ City _____ State _____ Zip _____

Phone # _____ Email _____

T-Shirt Size (circle one) YS YM YL AS AM AL AXL None

Release of Responsibility: In consideration of being accepted to run the Flippin' 5K, I assume all risks associated with running or walking this race. Having read this release, I waive and release the YMCA, all sponsors, persons, and groups associated with this event from all claims to liabilities of any kind arising from my participation. I grant permission to all foregoing to use my photographs, motion pictures, recording, or any other records of this event for any legitimate purpose.

Participant Signature _____ Date _____

Parent/Guardian Signature (under 18) _____

Accepted payments: Credit/ Debit Cards, Check or Cash
Please make checks payable to: Robert K. Fox Family YMCA
You may mail your registration prior August 1, 2017 to: 465 W. Sixth Ave., Lancaster, Ohio 43130
You may also drop off your registration to the front desk.