



# YMCA ANNUAL GIVING 5K RUN/WALK

**Saturday, May 11, 2019**

**Robert K. Fox Family YMCA**

**9:00am**

- 5K course will start and end in the YMCA rear parking lot
  - All proceeds go directly to the YMCA Annual Giving Campaign
  - Awards to over all male and female winners and the top 3 in each age group.  
Age Groups are: 14 and under, 15 to 19, 20 to 24, 25 to 29, 30 to 34, 35 to 39, 40 to 44, 45 to 49, 50 to 54, 55 to 59, 60 to 64 and 65 and over
  - Kids fun run in the parking lot after the 5K
  - Registration fee is \$10 for under age of 18 and \$15 for over age of 18 for members registering before May 4, 2019  
\$15 for under the age of 18 and \$20 for over the age of 18 for non-members registering before May 4, 2019  
All fees go up \$5 if registering after May 4, 2019
  - T-shirts for the first 125 registrations
  - Race day registration and packet pick – up will be held at the YMCA and begin at 8:00am
  - Please contact Bob Ross at 740-504-1701 or email [bobx456@hotmail.com](mailto:bobx456@hotmail.com) with any questions.
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## 5K Registration Form

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age on 5/11/19: \_\_\_\_\_

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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

T-shirt size: S M L XL XXL      Male or Female (circle one)

Release of responsibility: In consideration of being accepted to run the YMCA 5K, I assume all the 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 and liabilities of any kind arising from my participation. I grant permission to all foregoing to use any photographs, motion pictures, recordings or any other records of this event for any legitimate purpose.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature (under 18): \_\_\_\_\_

Please make checks payable to: Robert K. Fox Family YMCA  
You may mail registrations PRIOR to May 4, 2019 to 465 West Sixth Ave., Lancaster, OH 43130