



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Annual Giving 5K Run/Walk

May 13, 2023



MILES THAT MATTER

Family YMCA of Lancaster & Fairfield County

Join us for our annual 5K run/walk supporting our Annual Giving Campaign.

May 13th at 9:00am. Kid's run to begin at approximately 10:15am

Race begins and ends at the Robert K. Fox Family YMCA, 465 West Sixth Avenue, Lancaster, OH 43130

- * Early bird registration is available online by visiting ymcalancaster.org or in person at any of our Family YMCA of Lancaster & Fairfield County YMCA locations
- * Event day registration and packet pick-up 7:45am—8:45am
- * For more information, please call Bob Ross at 740-504-1701 or email bobx456@hotmail.com



HERE FOR ALL

The Annual Giving

Campaign is an opportunity for our organization to fill community needs. At the YMCA, no person is turned away due to the inability to pay. 100% of the proceeds go directly into



ANNUAL GIVING CAMPAIGN 5K FUN RUN/WALK

Saturday, May 13, 2023

Robert K. Fox Family YMCA

9:00am

ALL PROCEEDS GO TO OUR ANNUAL GIVING CAMPAIGN

- Awards to overall male and female winners and the top 3 in each age group. Age groups are: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64 and 65 and over.
- Kids fun run in the parking lot to begin at approximately 10:15am and will kick off Healthy Kids Day
- Early bird registration ends May 5, 2023 –

YMCA members under 18	\$15
YMCA members 18 and over	\$20
Non-Members under 18	\$20
Non-Members 18 and over	\$25
- All fees go up \$5 after May 5, 2023
- T-shirts guaranteed for the first 100 registrants
- Race day registration and packet pick up will be held at the YMCA beginning at 7:45am to 8:45am
- Please contact Bob Ross with any questions at 740-504-1701 or email bobx456@hotmail.com

5K REGISTRATION FORM

Name: _____ DOB: _____
Age on 5/13/2023: _____ Male or Female (circle one)
Address: _____ City: _____
State: _____ Zip: _____
Phone #: _____ Email address: _____

T-Shirt Size: S M L XL XXL

*Shirts are Uni-sex

Release of liability: 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 to 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 legitimate purpose.

Participant Signature: _____ Date: _____

Parent/Guardian Signature (under 18): _____ Date: _____

Please make checks payable to Robert K. Fox Family YMCA
Mail registrations prior to 5/05/23 to 465 W. Sixth Avenue, Lancaster, OH 43130
You may also register online or at a Member Service Desk