

Madison Area YMCA 7th Annual 5K Run



DATE: September 9, 2007
TIME: 9:00 AM
RACE DAY ENTRY: 7:30 AM
PRE-REGISTER BY: 9/4/07

5K Entry Fees:

- \$15.00** Pre-registered (12 and older)
- \$20.00** Race Day Adult Registration
- Strollers Welcome & Free**
- \$2.00 discount for USATF Members**

Download Application at

www.madisonareaymca.org

or complete the portion below and mail to:

Race Coordinator
 Madison Area YMCA
 111 Kings Road
 Madison, NJ 07940

All checks payable to the Madison Area YMCA
 For more information call
 973-822-9622 Ext. 2270

Kids Races at 10:15 AM!
Ages 5 –12 (distance based on age) Medals for all participants!
\$3.00 Entry Fee

Prizes:

Overall First, Second, and Third place prizes for men and women including Trophy and Sneaker Factory Gift Certificate. No duplicate awards.

- **PLUS**...Age group prizes for first place men and women.

Under the age of 19 ♦ 20-29 years old
 30-39 years old ♦ 40-49 years old
 50-59 years old ♦ 60 years and Older
 Door prizes will be distributed!
 T-Shirts and Great Race Packets!

DJ, refreshments, health fair, massages, face painting and lots of FUN!

**Join us after the race at the
 Madison Area YMCA Fall Open House
 11:00 AM-1:00 PM.**



Waiver: (please read and sign) I know that running or walking a road race is a potentially hazardous activity, and that I should not enter unless I am medically trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risk associated with running or walking this event included but not limited to falls, contact with participants; the effect of weather, including high temperatures and humidity; traffic; and the conditions of the course, all such risks being known and accepted by me. Having read this waiver and knowing these facts and in consideration of your acceptance of this entry, I for myself, my heirs, my executors, and administrators and anyone entitled to act on my behalf waive and release the Madison Area YMCA, including their officers, members, volunteers, departments, employees and successors, and all sponsors, their representatives, employees and successors from any and all claim and liabilities of any kind arising from my participation in this event or carelessness of the person named in this waiver. This release and waiver extends to all claims or every kind or nature whatsoever, foreseen or unforeseen, known or unknown, I grant to all the foregoing to use any photographs, motion pictures, recordings or any record of this event for legitimate purposes.

Name: _____

Address: _____

Phone: _____

Date of Birth ____/____/____

Sex: M F Age on Race Day: _____

USATF Membership #: _____

Emergency Contact: Phone # _____

Email: _____

Signature _____

Or Signature of Parent or Guardian if Under 18 Years of Age

Are you a current member of the Madison Area YMCA? YES NO

T-Shirt Size: S M L XL