



For Youth Development
For Healthy Living
For Social Development

4TH ANNUAL 5K ROCK-N-ROLL RUN & WALK SPONSERED BY WITHAM FAMILY YMCA

SATURDAY, SEPTEMBER 17, 2011 8:00AM

REGISTRATION: \$15 if received by September 1, 2011. \$20 after September 1, 2011.

Make checks payable to: **Witham Family YMCA**

6:30am – 7:30am, day of race packet pickup and late entries at Lebanon Memorial Park, 130 E. Ulen Drive, Lebanon.

COURSE : The 5K course will be run over paved city streets. Traffic control and water will be provided.

DIVISIONS: MEN/WOMEN: 17 & under, 18-29, 30-39, 40-49, 50 & over

AWARDS: All runners/walkers registered by September 1, 2011 will receive a souvenir "Rock-n-Roll" t-shirt (to be picked up at registration). There is no guarantee of t-shirt availability to those who register after September 1, 2011. Trophies will be given out to the first three places in each division.

ANY QUESTIONS: Call 765-535-7920 or email bwarkentien@indymca.org. For additional entry forms and race results go to www.fiftiesfestival.com, www.indymca.org, or Witham Family YMCA.

MAIL ENTRIES TO: Witham Family YMCA 2791 N. Lebanon St. Lebanon, IN 46052

OFFICIAL ENTRY FORM

Name: _____ Male: ___ Female: ___ Age: ___

Address: _____ City/State: _____ Zip: _____

Email Address: _____ (to receive entry by email next year)

Runner: ___ Walker: ___ Shirt Size: (Adult) S M L XL XXL (Children) L

WAIVER STATEMENT (must be signed): I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the race. I assume all risks associated with running/walking in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. HAVING READ THIS WAIVER and knowing the facts and consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of my negligence or carelessness on the part of persons named in this waiver. I grant permission to all of the organizers/sponsors of this event to use any photograph, motion pictures, recordings, or any other record of this event for any legitimate purpose. I understand that bicycles, skateboards, roller skates or blades, animals and radio headsets are not allowed in the race and I will abide by this guideline.

Signature: _____ Date: _____

Parent's Signature (if under 18 years of age): _____



