the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

# Saturday, October 20th

# REGISTER TODAY!

**Online at www.wcfymca.org**

The Washington County Family YMCA will hold the first Glow Run/Walk on Saturday, October 20th at 7 PM. Our Ghouls & Glow 5K is family friendly, walking and strollers are permitted. You are encouraged to dress up, bring glow sticks, and wear glow in the dark items!

**Race Fee**

**$20** (Early Registration before 10/06)
**$25** (after early registration or on race day)
**not guaranteed a t-shirt
**Kid's 10 & under free!**
**additional shirts are $15

*A short sleeve Glow in the dark t-shirt is included in registration fee if you register early.

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| Check In/Registration | 6:00 PM |
| Race Begins | 7:00 PM |

**PRIZES** are awarded for overall male & female finishers and top 3 finishers in each age group.

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## Registration Form

Name_____ Circle One: M F Birthdate_____ Emergency Contact Name

Address_____ City_____ State _____ Zip _____ _____

Emergency Contact Phone

Email_____ Phone_____ _____

Circle One T-shirt Size: AS AM AL AXL AXXL YS YM YL Extra Shirt size: _____ $ 15

I hereby for myself, my minor child (if applicable), my administrators, heirs and assigns waive and release any and all rights and claims for damages, including negligence, I may have against the Town of Salem and the Washington County Family YMCA, their boards, elected and appointed officials, and their employees, for property damage or personal injury, including death that may arise or grow out of my participation or my minor child's participation in the Ghouls & Glow 5K. I also agree to indemnify and hold harmless the Town of Salem and Washington County Family YMCA, their boards, elected and appointed officials, and their employees in any claim, damages, expenses or action, including attorney fees, assessed or brought against them because of my acts or omissions or the acts or omissions of my minor child. I also agree to follow the rules of this Run/Walk, obey all traffic laws, exercise all safety precautions, avoid littering, and respect the property of others.

_____ _____
Signature Date

_____ _____
Signature of parent/guardian if under 18 years of age Date

Make check payable to: Washington County Family YMCA

Turn entry form into front desk at the Y.