

RELEASE

I understand that this road race carries with it the potential for physical injury and property loss. I hereby assume the risks of participating in this running event and certify that I am physically fit, have sufficiently trained for participation, and have not been advised against participation by any qualified health professional. I agree that I have had the opportunity to inspect the race route, facilities, and areas to be used and that if I believe any are unsafe, I will immediately advise the person supervising the event, activity, facility or area. I hereby waive, release and forever discharge the Washington County Family YMCA, event sponsors and any and all claims, losses, or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, theft, or damage of any kind, including economic losses, which may in the future arise out of, or relate to, my participation in or my traveling to or from this event. I further acknowledge there may be traffic or persons on this course route, and I assume the risk of running in this event. This release of liability expressly extends to any negligence on the part of any of the parties release herein.

Signature:

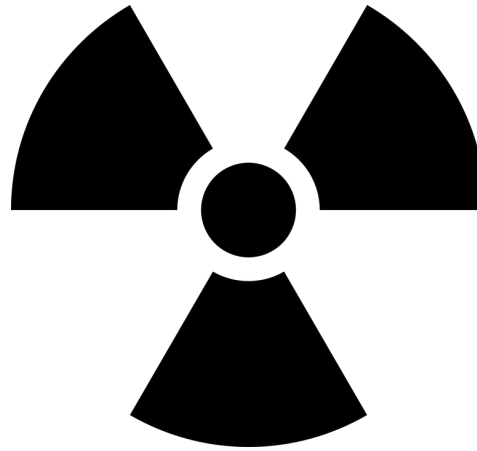
X _____

Date: ____/____/____

Signature of Legal Guardian if participant is under 18:

X _____

Date: ____/____/____



4TH ANNUAL ROCK'N'RUN



"Radio" Active

October 1st, 2016
8:00 AM - REGISTRATION
9:00 AM - RACE BEGINS

KIDS FUN RUN FOLLOWING 5K
WALK/JOG/RUN TO SUPPORT OUR CHARITY.

WASHINGTON COUNTY FAMILY YMCA

1709 NORTH SHELBY STREET

SALEM, INDIANA 47167

812.883.9622 WCFYMCA.ORG



Washington County Family YMCA
1709 N. Shelby St. Salem, IN 47167

OCTOBER 1ST, 2016

Check-In/ Late Registration:

8:00-8:55 am

5K Run and Walk: 9:00 am

Warm Up Party: 8:30

COURSE: Race begins and ends at the YMCA. Route will utilize portions of the city community trail.

AWARDS: Top (M/F) finishers, overall and age groups 17 & Under, 18-29, 30-39, 40-49, 50-59, 60 & Up.

BEST DRESSED IN "Radio Active" THEME award will also be given!

SERVICES: Water Stations available on the course. Snacks and water available to all participants after the race.

KIDS FUN RUN: Following the 5K, approx. 10:30 am. Free run, around the Y facility, untimed. All participants will receive a prize! Recommended Ages 3-10.

FUN: Enjoy the slime pit and #Selfie Photobooth! Obstacle Course for kids!!

SPONSORS:



Meadow View
Salem Crossing
Salem Leader
Pacers and Racers
Jason Wade, State Farm
Ace Hardware
Scotty's Sanitation

St. Vincent Salem
360 Accounting
Cindy Winkler
Salem Apothecary
Blue River Wood Products
GKN

THANK YOU FOR YOUR SUPPORT!



Washington County Family YMCA



wcfymca.org



@WashCoYMCA

COST:

On or Before Sept. 17th:

\$25 for 13 & older

\$15 for 12 & under

*T-shirt Included

Age 5 and under Free (does not include t-shirt)

(5 and under shirts may be purchased separately.)

Late /Race Day Registration

Sept.18th-Oct. 1st :

\$30 for 13 & older

\$20 for 12 & under

*T-shirts not guaranteed

Age 5 and under Free (does not include t-shirt)

PROCEEDS: Every day the Washington County Family YMCA gives back and provides support to our neighbors by offering financial assistance in many ways. To an active member of the service and his/her family; to a low-income family for membership; to provide camp for a child who otherwise couldn't attend; to help a special needs individual socialize and get healthy in our Y who otherwise couldn't afford it.



YOUR DONATION MATTERS.

Donate to our Cause at:

<https://operations.daxko.com/Features/OnlineGiving/DonationDetails.aspx?cid=5039>

TO REGISTER

Return registration forms to the Y front desk or register online (see below). Checks can be made payable to Washington County Family YMCA.

REGISTER ONLINE

[HTTPS://WWW.EVENTBRITE.COM/](https://www.eventbrite.com/)

Search Washington County



**2016 Rock `N Run 5K
REGISTRATION FORM**

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Phone Number: _____

Email: _____

Birthdate: ____/____/____

Age: _____

Gender: Male Female

Emergency Contact: _____

Contact Phone: _____

Shirt Size: YS YM YL AS AM
 AL AXL
 A2XL+ (\$2 more)

Additional shirt: \$15 x _____ = \$ _____

Size: _____ Qty: _____ Size: _____ Qty: _____

Size: _____ Qty: _____ Size: _____ Qty: _____