



GET FIT/BE FIT-YMCA

5K Run/Walk

Entry Fees

\$15 per person

before Race Day,

\$20 per person

on Race Day.

HOW TO REGISTER

Registration form can be downloaded at
www.ymcaofaustin.org or call 512.476.1234
Registration fee must be paid by the deadline of
May 10, 2010.

This event is sponsored by the YMCA of Austin, Games People Play and United Way of Mower County.

YMCA of Austin
704 1st Drive NW
Austin, MN 55912



**10th Annual
5K Run/Walk**

**Saturday
May 15, 2010
9:00 am**



RACE DAY REGISTRATION

7:30 - 8:30 AM

Reception desk of the YMCA of Austin. **No registration after 8:30 am!**

PRE-REGISTERED PARTICIPANT PACKET PICK-UP

Located at the Reception desk at the YMCA of Austin.

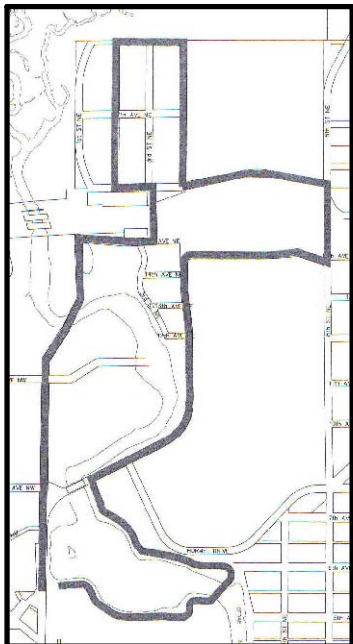
5 K RACE TIME - 9:00 AM

Times will be recorded for awards until 9:50 am.

Awards will be announced following the race at the finish line.

Start: YMCA parking lot on Main Street

Finish: Mill Pond near playground



RACE PROCEEDS

All funds raised by race event will be allocated to the YMCA Financial Assistance Fund to ensure membership and program opportunities to any person who desires to participate regardless of their ability to pay the standard fee.

AWARDS

All youth participants will receive a ribbon for participating. Awards will be given to the first three male and female runners overall and to the top two male and female finishers in the following age groups: (no duplication of awards)

13-15	16-18	19-21	22-24
25-29	30-34	35-39	40+

T-Shirts awarded to the first 150 race participants. Race Bibs are provided.

RESTROOM FACILITIES

YMCA of Austin & Austin Municipal Pool facility.

SHOWERS

Available at YMCA of Austin. Runners/walkers must show race number or member card.

PARKING

YMCA of Austin parking lot & Austin Municipal Pool parking lot.

QUESTIONS/COMMENTS

YMCA of Austin
 Kristi Stasi, Fitness Director
 704 1st Drive Northwest
 Austin, MN 55912
 507-433-1804

ENTRY FORM - ONE PER PERSON

Select One: Adult (13 & up)
 Youth (6 - 12)

Children under 5 can participate but do not need to register.

Select One: 5K Run Walk

First Name _____

Last Name _____

Male Female Birthdate _____

Age on race Day _____

Address _____

City _____

State _____ Zip _____

E-mail _____

Phone _____

Emergency Contact Name _____

Emergency Contact Phone _____

Shirt size: Adult S M L XL XXL
 Youth S M L XL

As of today, are you a YMCA member? Yes No

PARTICIPATION WAIVER: In consideration of acceptance of the entry, I release for myself and my heirs, the YMCA of Austin, its officers and volunteers, the City of Austin, and any sponsors and all officials and volunteers of this race, from all claims, demands, liabilities, damages, or causes of action, of any nature, including claims for death, injury, or illness, arising out of participation in the 5K Run/Fun Walk. I state that I have trained and I am in proper physical condition to participate in this event. I hereby grant full permission to use my name and any photographs, videotapes, or other record of this event for any purpose. I also understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio/cassette/CD headsets are NOT ALLOWED in the race and I will abide by these guidelines.

Signature _____ Co-signature _____
 Participant Parent or guardian, required if under 18