



Athens YMCA

-29th Annual Coach Mike's Health Run-

Saturday, August 6, 2011

5K 8:00 a.m.

Registration/Entry Fee

\$15.00 by July 23, 2011; \$20.00 after July 23 and through Race Day. T-shirts guaranteed to **pre-registered** entrants. Race day registration begins at 6:30 a.m

Course

5K will be cross-country running with the start and finish on the YMCA's new soft surface track!

Age Groups

5K Male & Female- 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over


Fun Run

Walk/run/crawl/stroll-everyone gets a medal!
Fun Run for all youth 12 years old and under.

Information

* Elyse Giles (Athens YMCA Fitness Coordinator) at 706-543-6596 / elysegiles@gmail.com

* Carole Black (Classic Race Services) 706-680-7223 / classicraceservices@gmail.com

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| Return Entry To: Athens YMCA 915 Hawthorne Avenue Athens, GA 30606 | Register online at  |
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Race results will be available online within 24hrs at classicraceservices.com, runningintheusa.com, active.com, coolrunning.com

OFFICIAL ENTRY FORM - ONE ENTRY PER FORM- PLEASE

**Make checks payable to: Athens YMCA
PROCEEDS GO TO SUPPORT THE ATHENS YMCA YOUTH PROGRAMS**

Name _____ Phone _____ DOB _____ Age _____
Address _____ City _____ ST _____ ZIP _____

T-shirt size: YS YM YL AS AM AL XL XXL Event: 5K___ Fun Run___
School/Group _____

I cannot participate, but would like to support the event in the amount of \$ _____ -THANKS SO MUCH!

WAIVER/RELEASE: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release, any and all rights and claims for damages I may have against the Athens YMCA or their sponsors, officials, workers, their representatives, successors, assigns, for any and all injuries suffered by me in this event, including pre-race activities. I attest and verify that I am physically fit and sufficiently trained for this event. Further, I hereby grant full permission to above sponsors to use my photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signed _____ Date _____ Parent _____ (If under 18)

