

Fit 2 Lead Costumed 5K Race

5k run / 5k walk / 1 mile fun run
saturday 10.30.10
8am—flowood—ms

schedule:
8am—5k run begins
8:05am—5k walk begins
9am—1 mile fun run begins

Presented by the Flowood Family YMCA and directed by MS Track Club. The fast, flat course runs through Flowood.

registration: Pre-register by mail, post marked no later than Saturday, October 16, 2010. **Register online at active.com.** Race day registration begins at 6:45am and concludes at 7:30am. The Flowood Family YMCA will be the race start site. Race packets can be picked up Friday, October 29th after 4pm at the Flowood Y or at registration on race day.

entry fees:	entry fees:
pre-registered	race day registration
\$20 5k run	\$25 5k run
\$20 5k walk	\$25 5k walk
\$10 1 mile fun run (ages 12 & under)	\$15 1 mile fun run

race amenities: fit-2-lead 5K shirt (only first 400 registrants will be guaranteed a shirt, extra shirts \$15), beverages, fruit, snacks, door prizes awarded (after the run). Live music will be featured as well!

awards & age groups: Award ceremonies to be held at the Flowood Family YMCA immediately following the 1 mile fun run. Overall, Masters Overall, and Grandmasters Overall will be presented in the 5k run; Overall, Masters Overall, and Grandmasters Overall in the 5k walk, as well as both male and female 1st, 2nd and 3rd place in the following age groups:

5k run: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over

5k walk: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over

1 mile fun run: 5 & under, 6-7, 8-9, and 10-12

benefit: All proceeds go directly to the Flowood Family YMCA's Partnership for Youth campaign which provides financial assistance to those in our community who need but cannot afford the hundreds of programs and services provided by the YMCA.

Thank You
to our
sponsors!



registration form

complete and return with payment to:
Flowood YMCA
690 Liberty Road, Flowood, MS 39232
601-664-1955

- 5k run
- 5k walk
- 1 mile fun run (ages 12 & under)

name

address

city state zip

phone number

email

age male or female

circle preferred shirt size:

ym / sm med lg xl xxl

Release of Claims: The undersigned, _____ (the "Participant") hereby acknowledges that he/she has voluntarily agreed to participate in the fit to lead 5K (the "race"). The Participant hereby forever releases, acquits, discharges and agrees to indemnify and hold harmless the Flowood Family YMCA, YMCA, City of Flowood, MS Track Club and all event sponsors and volunteers, as well as any officers, directors, agents, employees, successors or assigns of the aforementioned parties, in addition to all other persons who are either directly, or indirectly involved with the Race (collectively the "Released Parties"), from any and all liabilities, claims, damages and demands and all other liabilities or whatever kind of nature arising from or related to the Race, including, but not limited to, any and all liabilities, claims damages and demands arising from any personal injuries, loss or death occurring as a result of the Race. The Participant further agrees that he/she will never institute any action or suit, at law, in equity or otherwise, against any of the Released Parties, and will not aid in the institution or prosecution of any such action or suit against the Released Parties which in any way involves or relates to the Race. The Participant further states that he/she is in proper medical condition to participate and complete in the Race and is not participating against doctors advice, nor is he/she taking medications which would deter his/her health in the participation of the Race. If any act of God forces the cancellation of the Race, the Participant understands that entry fees are non-refundable. This Release shall be binding upon the executors, administrators, personal representatives, heirs, successors and assigns of the undersigned.

participant's signature
(or guardian if participant is under 18)

date