

Music
Swim
Door Prizes

4th Annual
BCC 5K
the **YMCA**
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Family Night
T-shirt

3rd Annual BCC 5K and 1 mile Fun Run/Walk

on the Bradenton Country Club Golf Course

Bring the entire family and support the YMCA for a night of music, food, & swimming.

Where: Bradenton Country Club 4646 9th Ave. W. Bradenton, FL 34209

When: Friday, **September 20th, 2013**; 5K start: **6:15 p.m.** 1 mile start: **6:20 p.m.**

Course: This course will be on the beautiful BCC golf course. Please, yes for strollers, no for dogs.

Awards: 5K overall male/female & Masters male/female. Ribbons to all 3 deep age group & 1 milers.

Registration: Registration and Post party will be by the club pool area. Lifeguard will be provided. Please mail the bottom portion with your payment or register on-line.

On-line registration: www.runsignup.com (search: BCC) Contact: Kim Thomas (941) 737-9500

Please note: This is not a sanctioned race (no chip time).

Entry fee: Includes T-shirt (first 125 guaranteed), race bags, entry ticket for door prizes, food/drinks.

Before 9/12/13 BCC, BRC, Striders, and YMCA members **\$25** After 9/12/13 **\$30**

Before 9/12/13 Guests and other race participants **\$30** After 9/12/13 **\$35**



Registration Form

Please make checks payable to: **Bradenton Country Club**

Mail to: Attn: Kim Thomas/BCC 4646 9th Ave. W. Bradenton, FL 34209

Participant Name: _____

Address: _____

Phone: _____ **E-mail:** _____

Date of Birth: _____ **Age on Event Day:** _____ **Sex** _____

Amount Enclosed \$ _____ **Event: 5K** _____ **or 1 mile** _____

T-Shirt Size: (circle one) XL L M S or Child's Size L M

I, self or as guardian or parent of the above mentioned participant(s), hereby release, hold harmless and forever discharge the Bradenton Country Club, Inc. (BCC) (including employees), the Fitness Director (including participants), and the any and all persons associated with the BCC. of all liabilities, claims, actions, damages, costs, expenses which I, or the participant may have against them arising out of or in any way connected with the participants participation in this event, including injuries which may be suffered before, during, or after any BCC event. I understand the waiver includes any claims based on negligence, action or inaction or any of the above parties, their agents or representatives. I also understand that BCC does not carry personal injury or bodily injury coverage on event participants. I, self or as guardian or parent of the above mentioned participants(s), have read and voluntarily signed this release and waiver of liability with the express acknowledgement and agreement that the above mentioned participant is engaging in dangerous activity which involves risk of serious injury and/or death.

Participant's Signature _____ (parent or guardian if under 18 yrs.) **Date** _____