DOW BAY AREA FAMILY YMCA
RISE 'N SHINE SUMMER 5K WALK & RUN
Saturday, August 11, 2017 @ 8:00 a.m.

Dow Bay Area Family YMCA 225 Washington Ave   Bay City, MI 48708

Run Age Groups	14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, and 60 & Over
Walk Age Groups	14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, and 60 & Over
Awards 5K Walk	1st and 2nd place each age group (Run only), both male AND female
& Run Overall	**1st, 2nd, and 3rd underline overall for Walk AND Run, both male AND female**
Race Day Entry Fees	Rise 'N Shine 5K Walk / Run — $35
	Little Rays of Sun 1K—$25
	Kids TRI 'n shine—$30
	Shirts not guaranteed to anyone entering after August 1, 2018.
Information	(989) 895-8596 or jjamrog@ymcabaycity.org or www.ymcabaycity.org

Bib #

Event entered   RNS 5K Run_____ **RNS 5K Walk**_____ **LROS 1K**_____

Kids TRI_____ ☐ **Open**   ☐ **Age Division**

Last Name_____**First**_____**M.I.**_____

Birth Date_____/_____/_____**Age on Race Day**_____ **Sex M**_____**F**_____

Address_____

City_____**State**_____**Zip**_____

Phone (_____) _____

Shirt Size (circle):   S   M   L   XL   2XL(add $3)   3XL(add $5)

Payment Method: ☐ Cash   ☐ Check   ☐ Credit Card (If selected, fill out information below)

Type of card: _____

Name on card:_____

Card Number:_____   **Expiration Date:**_____/_____

Security Code:_____

TOTAL PAID TODAY: $_____

SEE REVERSE SIDE FOR WAIVER INFORMATION AND SIGNATURE

DOW BAY AREA FAMILY YMCA
RISE 'N SHINE SUMMER 5K WALK & RUN

<u>WAIVER</u>

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all right and claims for damages or injuries that I may have against the Event Director, RunSignUp.com, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typical found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization. I hereby declare for myself and any entities who may act on my behalf, waive and release the Dow Bay Area Family YMCA, The City of Bay City, and any other parties involved with the race or Family Fun Fest from all claims or liabilities of any kind arising out of my participation in this event.

By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver.

Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

SIGNATURE REQUIRED (PARENT SIGNATURE IF PARTICIPANT IS A MINOR)   **DATE**

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