



2019 Superbowl Sunday Indoor 5K & 10K

FEBRUARY 3, 2019 @ THE SANDUSKY COUNTY YMCA

- ♦ **LIMITED TO 25 ENTRIES per Heat**
- ♦ **REGISTRATION ENDS JAN 27, 2019**
- ♦ **NO RACE DAY REGISTRATION**
- ♦ **SEEDED HEAT ASSIGNMENTS TBA**
- ♦ **Heats Start at 8:00 am**

10K HEATS:

8a / 9:15a / 10:15a

5K HEATS:

11:15a / 11:45a

\$30 5/10K REGISTRATION

\$10 YOUTH 10 -LAP RUN

EARLY BIRD REGISTRATION ON OR BEFORE JANUARY 13, 2019

\$20 5/10K REGISTRATION

\$5 YOUTH 10 LAP RUN

Questions email: phecker@frymca.org or call 419-332-9622

2019 FREMONT INDOOR 5/10K @ the Y!



NAME:

DOB:

ADDRESS:

CITY / STATE / ZIP:

PHONE:

EMAIL:

SEX : M F SHIRT SIZE: XS S M L XL XXL

Est: Finish Time:

SELECT RUN: 5K / 10K / Youth

Sandusky County YMCA Waiver: I hereby authorize the staff of the Sandusky county YMCA to act for me according to their best judgment in any emergency requiring medical attention, and I hereby waive and release the Sandusky County YMCA, the Fremont Elite Runners Club, and all sponsors, and their representatives and successors from all liability for injuries or illnesses incurred while participating in this program. I understand that sport participation carries some risk of injury. The Sandusky County YMCA is not responsible for personal items that are lost, stolen, or damaged. All medical expenses incurred will be the responsibility of the participant or the participant's family. The YMCA will be taking pictures. I hereby grant permission for program participants to be photographed and photographs to be used for promotional purposes by the Sandusky County YMCA. Check out our website, www.ATtheY.org!



Signature _____ Date _____

Parent/Guardian (if under 18) _____

Make checks payable to: Sandusky County YMCA - 1000 North St - Fremont, OH 43420 - T 419-332-9622 - F 419-332-5973