



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



5K Run - 20 mile Bike - 1.5 mile Run
Individual or *Team of 2

Saturday September 7th 2019

7:00am Registration - 8:00am Race Start

Individual Categories: 13-18, 19-29, 30-39, 40-49, 50-59, 60+

Individual Awards: 1st place overall Male / Female - Trophy & Pork Loin
1st place Male / Female for each age category
Course completion - Medal

* Teams: Male or female, Age 13 and up (1 runner / 1 biker)

Team Awards: 1st and 2nd place Team of 2

Proceeds used to purchase equipment for the new YMCA facility.

Questions or additional information, please contact Teri Hartzler at YCMA of Washington
Phone 319-653-2141 or email thartzler@washingtoney.org

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Age _____ M or F Email _____ Shirt: Adult S M L XL XXL

Registration through Aug. 30th Individual \$40

Teams \$60

August 31st - race day

Individual \$45

Teams \$70

(Must be registered before August 30th, to receive shirt on race day)

I understand that I am legally agreeing to the following statements in the paragraph of this waiver by signing below. I acknowledge that biking and running on an open course is extremely dangerous and can bring with it the potential for death, serious injury, and property damage. My signature below is acknowledgement that I am at my own risk. I understand that this is a public event and not an event related to, or sanctioned by any organization. I am aware I will be on public roadways and vehicles may not be aware of my presence. I realize I am solely responsible for myself and my own safety. I do not hold the YMCA of Washington County, the City of Washington, Washington County, their employees, or the volunteers, responsible for any risk of injuries which may occur because of my participation.

Signature of participant _____ Date _____

Signature of parent /guardian _____ Date _____