

**THANK YOU TO OUR  
SPONSOR:**

**LIFE IS AN  
ADVENTURE,  
LET'S RUN IT  
TOGETHER!**



**YMCA OF GREATER ROCHESTER**

**NORTHWEST FAMILY YMCA, 730 Long Pond Road  
585-227-3900, [rochesterymca.org/northwest](http://rochesterymca.org/northwest)**

**WESTSIDE FAMILY YMCA, 920 Elmgrove Rd  
585-247-3501, [rochesterymca.org/westside](http://rochesterymca.org/westside)**

**Please Contact Justin Kelsey at  
585-723-5474 or at  
[justin.kelsey@rochesterymca.org](mailto:justin.kelsey@rochesterymca.org)**

**Family Adventure Run**  
**TO BENEFIT the Annual Campaign**  
**Presented by:**



**Saturday, September 16**

# Where Fun is No Obstacle

**The Run:** The Northwest and Westside Family YMCA's combine elements of family and fitness through a fun 3 mile obstacle course. This event is designed to engage families seeking to improve their health, fitness, and quality of life-all while having a great time!

**The Fun:** Along with an adventure run, the day will include entertainment for families, including our inflatable obstacle course, games and crafts. Food, drink, music, and t-shirt included.

**Date:** Saturday, September 16

**Time:** 9AM (Groups Start in waves every 10 min.)

**Location:** Camp Northpoint, 249 North Greece Rd, Hilton, NY 14468

## Fees:

**Individual Participant \$25.00; Day of \$35.00**

**Family (Includes 2 Adults and up to 4 kids) \$45.00**  
(children must be accompanied by a paid adult)

**Kids 3 and under are FREE**

**Childcare:** Available for ages 3 and up\* for pre-registered participants ONLY, on site. \*Children must be potty-trained.

**Register in person at the branch or online at**  
[rochesterymca.org](http://rochesterymca.org).



# Adventure Run Registration Form

Family Members Names and Ages and Shirt Sizes: **YM YL S M L XL**

\*t-shirt not included for ages 3 and under. (please list below):

Name: _____	Age: _____	Shirt Size: _____
Name: _____	Age: _____	Shirt Size: _____
Name: _____	Age: _____	Shirt Size: _____
Name: _____	Age: _____	Shirt Size: _____
Name: _____	Age: _____	Shirt Size: _____
Name: _____	Age: _____	Shirt Size: _____

Address \_\_\_\_\_

City/State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone # \_\_\_\_\_ E-Mail \_\_\_\_\_

Emergency Contact \_\_\_\_\_

***Guaranteed T-Shirt Sizes for Pre-registers only.***

Pre- Registration Fee: \$25.00 (Prior to 9/1) Registration Fee: **\$30.00**  
(After 9/1) Day of : **\$35.00** Family: **\$45.00** (includes 2 Adults 7 up to 4 children) \$5.00/ any additional child.

ENTRY FEE IS NON-REFUNDABLE.

CHECKS MADE PAYABLE TO THE NORTHWEST FAMILY YMCA

Cash, Check or Credit Card (Please circle one) CARD TYPE: \_\_\_\_\_

CC: \_\_\_\_\_ Exp. Date \_\_\_\_\_

In consideration of participation in the Adventure Run with the YMCA of Greater Rochester and Lattimore Physical Therapy, I agree to release, in-demnify and hold harmless the YMCA, and its officers, employees, and volunteers, with respect to any and all accidents, injuries, losses or damages to person or property that result from my/my child's participation in the YMCAs Adventure Run, whether arising from the negligence of the YMCA or otherwise, to the fullest extent permitted by law. I do further agree on behalf of myself, and my heirs, executors and administrators, to waive, release and forever discharge any and all rights and claims for damages which may have accrued, or which may hereafter accrue, to me/my child arising out of or connected with participation in YMCAs Adventure Run.

I understand that even when every reasonable precaution is taken, accidents can sometimes occur. I further understand that the Adventure Run has inherent risks of injury and I hereby assume all such risks and hazards incidental to my or my minor child's participation in the Adventure Run. I further state after consulting with my health care provider, I am in proper physical condition to participate in this Adventure Run. I also give permission to the YMCA and the media to use my name and/or picture in any newspaper, broadcast, telecast or any other account of this event, without limitation, and without obligation of anyone to compensate me further thereafter. I understand that my entry fee is non-refundable

**I HAVE READ AND AGREE TO THE ABOVE WAIVER, RELEASE,  
INDEMNIFICATION AND HOLD HARMLESS AGREEMENT**

Participant Signature \_\_\_\_\_

Parent Signature (if under 18 yrs) \_\_\_\_\_