



**Healthy Holiday Run 5k and 10k
Saturday, December 10, 2016 8am**

Race Location: Milan Family YMCA/City Park. Registration begins at 7am

Awards: Overall 1st Male and Female, Overall 1st Male and Female over 40, Top three male and female in each age group receive a medal. (10 and under, 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79)

Proceeds: Annual Campaign, which provides financial assistance to those who otherwise cannot afford memberships, programs and camps.

Entry Fee: \$15 before race day, \$20 on race day. ***guaranteed shirt if registered by Nov. 28**

Make Checks to: Milan Family YMCA. And mail to: 5207 Industrial Dr, Milan TN 38358

Contact: Lindsay Morton, 731-686-9000 (f) 731-686-2988, (e) lmorton@milanymca.org

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ENTRY FORM PLEASE PRINT LEGIBLY

Name _____ Sex ____ Age ____
Address _____ Birthday _____

City, State Zip _____

Phone _____ E-mail _____

SHIRT SIZE (circle One) SM M L XL NONE

Name of Club or Team _____

Waiver (MUST BE SIGNED)

In consideration of your accepting this entry I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release and any all rights and claims for damages I may have against Milan Family YMCA, sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Signature _____ **Date** _____

Parent or Guardian if under 18 _____

No refunds will be issued for any reason