



SPRING INTO SPRING CHARITY 5K ROADRACE

Benefiting *LiveSTRONG* At the YMCA

Supporting Cancer Survivors, physically and emotionally

Saturday April 14, 2012 at 8:30 am at the Greendale Family YMCA
Same day registration accepted from 7:30-8:15 am

- Location:** Greendale YMCA, 75 Shore Drive, Worcester, MA 01605
- Course:** Start/finish at Greendale YMCA. Shore to Norton to W. Boylston to Grove to Holden and back to Shore.
- Timing/Scoring:** Generously provided by Central Mass Striders
- Awards:** Presented following the race. Snacks & water provided
Top Male and Female finisher. Top 3 male/female age group finishers.
- Age Categories:** 13-19, 20-39, 40-59, 60-79, 80+ (No duplicate awards)
- Entry Fee:** \$20.00 on or before March 26, 2012
\$25.00 on or after March 27, 2012
Cash, Check, Master Card, Visa or Amex accepted.
T-Shirts provided to participants registered prior to March 26, 2012
- Race Director:** Lisa Howell 508-852-6694 x 273 or Lhowell@ymcaofcm.org

The Greendale Family Branch YMCA 5K Road Race Registration Form

Please enter me in the Greendale YMCA 5K Road Race. I agree to assume responsibility for all risk of damage or injury to me as a participant in this event. In consideration of being accepted as an entrant in the Greendale YMCA 5K Road Race, I hereby for myself, my heirs, executors and administrators, release and discharge any and all individuals and organizations associated with the race from all claims, damages, rights of action, present or future, whether the same be know, anticipated or unanticipated, resulting from or arising out of, or incident to, my participation in this event. I hereby certify that I will not participate in the Greendale YMCA 5K Road Race unless I am physically fit and sufficiently trained for competition in the race. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio/IPOD/MP3 headsets are not allowed in the race, and I will abide by these guidelines.

Please print neatly and fill out completely. Entries without age or gender will not be eligible for age group awards. Please return the form below with the appropriate payment. Mail to: Greendale YMCA, ATTN: Lisa Howell, 75 Shore Drive, Worcester, MA 01605. **Make checks payable to Greendale YMCA 5K Road Race. No Refunds. Additional Donations Appreciated. We are 501 (c) (3) charity and a receipt for taxes will be mailed to you.**

Name _____ Running Club _____

Address: _____ City, State, Zip _____

Phone _____ Email _____@_____

DOB ____/____/____ Age on Race Day ____ yrs. Gender Male / Female YMCA Member YES / No

If registering by March 26, 2012, unisex T-shirt Size, please circle: XXL / XL / L / M / S

If registering by credit card, please circle type: MasterCard / Visa

Card Number _____ Expiration Date ____/____/____

Signature: _____ (If under 18, parent must sign)

Date Received: ____/____/____ Payment: \$_____ Additional Donation \$_____