



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**REGISTER  
TODAY!**

# GREENECOUNTYYMCA

## Spring into Summer 5k

### Saturday, June 10, 2017

Join us for the Greene County YMCA's Spring into Summer 5k on June 10, 2017. Starting and ending in front of Coxsackie-Athens High School, this flat, fast course will take you through residential areas and on rural roads with beautiful scenic views. It's a great race for both experienced and novice runners. Walkers are also welcome. Medals will be awarded to the top male and female finishers in each age group. All participants will receive a T-shirt. Bring the whole family to this celebration of healthy living in our community!

OUR PLATINUM PARTNER



**WHEN:** Saturday, June 10, 2017  
**WHERE:** Coxsackie-Athens High School  
**TIME:** 7:30am Registration  
8:30am 5K Run/Walk  
**COST:** Pre-registration (ends June 1<sup>st</sup>)  
\$20 5K Run/Walk

**Day of Registration**  
\$25 5K Run/Walk

**REGISTRATION** @ [www.cdymca.org](http://www.cdymca.org)



**For other Capital District YMCA races  
visit [www.cdymca.org](http://www.cdymca.org)**

## ENTRY FORM

**NAME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**CITY/STATE/ZIP** \_\_\_\_\_ **PHONE NUMBER** \_\_\_\_\_ **EMAIL** \_\_\_\_\_

**AGE (as of June 10, 2017)** \_\_\_\_\_ **Circle Shirt Size:**      **S**      **M**      **L**      **XL**

**Make Checks Payable to: Greene County YMCA**

**Mail Registration to: Greene County YMCA**  
**35 Route 81, Hope Plaza**  
**West Coxsackie, NY 12192**

### RELEASE OF LIABILITY

I know that running/walking in a road race is a potentially hazardous activity. I represent that I am medically able and properly trained to participate in this event. I assume all risks associated with this event including, but not limited to, heat exhaustion, falls, contact with other participants, effects of weather, dangerous traffic conditions, etc, all such risks being known and recognized by executors and administrators, to waive, release, and forever discharge the Capital District YMCA and it's respective directors, officers and employees, volunteer, and any and all sponsors, suppliers and any other personnel assisting or connected with this event, any rights, claims, or demands therefore which I may have or which I may hereafter accrue to me arising out of injury to my person or my property incurred in connection with participation in the Spring into Summer 5K Run/Walk held on June 10, 2017.

\_\_\_\_\_  
Signature Date

\_\_\_\_\_  
Parent's Signature (if under 18 yr old) Date