



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Neosho Freeman Family YMCA

Four States Flattest 5k

Awards immediately after race.

5k overall male and female awards and age group awards 1st-3rd for the 5k run will be.:

- 19-U 40-49
- 20-29 50-59
- 30-39 60+



Saturday, 5.5.18
START TIME: 8:30 a.m.

5K PREREGISTRATION DEADLINE:
APRIL 15 to guarantee race shirt

Guaranteed t-shirt if registered by April 15. This course is a certified, flat 5k course that lends itself to personal best times. Race begins at the Neosho YMCA and runs through Neosho Industries and Crowder College areas, ending back at the Neosho YMCA. All areas are low traffic.

\$25 Registration through May 5

Proceeds benefit the Neosho YMCA Strong Kids Campaign.

Can also register through RACE ROSTER www.raceroster.com

5k

(one registration form per person)

Name			Birth Date	Age
Address	City	State		Zip
Phone	Email Address			Gender: <input type="checkbox"/> M <input type="checkbox"/> F

Select shirt size

- Youth Shirt (circle size) XS S M L
- Adult Shirt (circle size) S M L XL 2XL

Date	Amount Paid	Staff
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In consideration of your acceptance of this form, I hereby waive, release and forever discard all claims, rights and causes of action of any kind or nature for myself, my heirs, executors and administrators, against sponsors and organizers of the Neosho YMCA 5K and Kids' Frozen Fun Run, their agents, servants, officers, employees, directors, representatives and assigns for injury or illness which may directly or indirectly result from my participation in the Neosho YMCA 5K and Kids' Frozen Fun Run, and I further agree to save and hold said parties harmless and agree to indemnify each of said persons against all liability for any loss, cost, injury or damage to persons or property which may arise by virtue of the undersigned engaging in the Neosho YMCA 5K and Kids' Frozen Fun Run. I further state that I am in proper physical condition to participate in this event. I recognize the sponsors have not undertaken to provide undersigned with any medical care, treatment or advice concerning my participation. I give the Joplin Family YMCA permission to use any pictures taken of me while participating in the 5K and Kids' Fun Run for the purposes of their own advertising.

Signature

Date

(if under 18, parent/guardian must sign)

Return completed and signed form to either Neosho YMCA location: 4701 Chouteau Ave Neosho MO 64850