



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RUN FOR YOUR LIFE

Freaky 5K Run/Walk  
Mini Monster 1K  
APPLETON YMCA



**SATURDAY, OCTOBER 28**  
**Pierce Park • Appleton**

[ymcafoxcities.org](http://ymcafoxcities.org)

Presented by:  
**Biomat USA**

**GRIFOLS**

## Freaky 5K Registration Form

A complete form is required for each participant. Family Rate Registrations should all be included in the same envelope.

First \_\_\_\_\_ Last \_\_\_\_\_

Email \_\_\_\_\_

\*Email is required for race correspondence

Gender: M / F D.O.B. \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( ) - \_\_\_\_\_

Shirt Size: Youth S Youth M Youth L  
Adult S M L XL XXL

Are you participating with a dog?  Yes  No

### ONLINE REGISTRATION:



[www.raceentry.com](http://www.raceentry.com)

ADULTS (13 & up)	\$20	\$25	\$30	
CHILDREN (12 & under)	\$15	\$20	\$25	
FAMILY (Up to 2 Adults + Dependents)	\$65	\$70	\$85	
MINI MONSTER 1K RUN	\$10	\$13	\$15	
			<b>TOTAL</b>	

Make check payable and Drop off or mail to:  
Appleton YMCA  
218 E. Lawrence St.  
Appleton, WI 54911

Waiver: I should not enter and compete unless I am medically able and properly trained. I understand a paramedic and ambulance will be available for safety reasons. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf waive and release all race officials and agents; the City of Appleton; and all sponsors, their representatives and successors from all claims or liabilities arising out of my participation in this event.

Signature of Entrant \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or Guardian's Signature if entrant is under 18 y/o)