



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RUN FOR YOUR LIFE

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



## FREAKY 5K

### Freaky 5K Run / Walk : Registration Form

Make Checks payable and Mail to: Appleton YMCA, 218 E. Lawrence St. Appleton, WI 54911

PLEASE FILL OUT SEPARATE FORMS FOR EACH PARTICIPANT



"Like" us on Facebook for race updates, route maps, and prize giveaways.

Name: \_\_\_\_\_ Sex: M / F Email \_\_\_\_\_ Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Are you participating with a dog?  Y  N

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ T-Shirt  Y Small  Youth M  Youth L  S  M  L  XL  XXL

	Early Bird	10/1-10/15	10/16-Race Day	<u>Select the race you are entering</u> ( Please Circle Event)	
Adult 5K	\$20	\$25	\$30	<b>5K</b>	<b>Kids Run</b>
Child (12 & under) 5K	\$15	\$20	\$25	Total Enclosed: \$ _____	
*Family (Up to 2 adults + dependents)	\$65	\$70	\$85	*For family rate, please submit all entries in the same envelope.	
Mini Monster 1K (12 & under)	\$10	\$13	\$15		

**ONLY REGISTRATIONS RECEIVED BEFORE OCT. 16 ARE GUARANTEED A T-SHIRT**

**Waiver:** I know that running or walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by a decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event, including but not limited to: falls; contact with other participants, effects of weather, including cold, high heat, or humidity, traffic and conditions of the road; all such risks being known and appreciated by me. 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 of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of persons named and not named in this waiver. I certify I am an amateur and eligible to participate in this competition.

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