RUN FOR YOUR LIFE
Freaky 5K Run/Walk
Mini Monster 1K
APPLETON YMCA

SATURDAY, OCTOBER 28
Pierce Park • Appleton

ymcafoxcities.org

Presented by:
Biomat USA
GRIFOLS
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.

ONLINE REGISTRATION:
www.raceentry.com

<table>
<thead>
<tr>
<th>ENTRY FEE</th>
<th>Early Bird</th>
<th>10/1-10/15</th>
<th>10/16-Race Day</th>
<th>Fill in Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADULTS (13 &amp; up)</td>
<td>$20</td>
<td>$25</td>
<td>$30</td>
<td></td>
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<tr>
<td>CHILDREN (12 &amp; under)</td>
<td>$15</td>
<td>$20</td>
<td>$25</td>
<td></td>
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<tr>
<td>FAMILY (Up to 2 Adults + Dependents)</td>
<td>$65</td>
<td>$70</td>
<td>$85</td>
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<tr>
<td>MINI MONSTER 1K RUN</td>
<td>$10</td>
<td>$13</td>
<td>$15</td>
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<tr>
<td>TOTAL</td>
<td></td>
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</tbody>
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Signature of Entrant Date
(Parent or Guardian’s Signature if entrant is under 18 y/o)