



Grants Pass Family YMCA

# Bridge Run

## 5 K Run or 5 Mile Run Saturday, May 1st at the Grants Pass Family YMCA 474-0001

- When: Saturday, May 1, 2010
- Time: 5K Run—8:00AM; 5 Mile Run—8:30AM
- Where: Grants Pass Family YMCA, 1000 Redwood Ave.
- Course: Beautiful course across the Rogue River on the pedestrian bridge to the All Sports Park.
- Facilities: Bathrooms and showers.
- Entry Fee: With T-shirt: \$16. Register prior to April 21st for T-shirt.  
Without T-shirt, pre-registration: \$8.  
Day of race registration: \$10.
- Starting Times: 5K Run—8:00AM; 5—Mile Run—8:30AM
- Awards: Ribbons three deep in all age groups.
- Race Sponsor/Director: Grants Pass YMCA/Vanessa Connolly, 474-0001 or 476-0385
- Mail entry to: YMCA, PO Box 5439, Grants Pass, OR 97527

Please Print

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Shirt Size (circle)

Address: \_\_\_\_\_ Gender: M/F S M L XL

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Tele.# \_\_\_\_\_

Entry Fee With T-shirt: \$16    Entry Fee No Shirt: \$8    Entry Fee Race Day (No Shirt) \$10

Event (check one):    \_\_\_\_\_ 5 K Run    \_\_\_\_\_ 5 Mile Run

### **Mandatory Release Form**

I know that running or walking in this event is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running or walking in this event, but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the 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 application, I, for myself and anyone entitled to act on my behalf, waive and release any and all sponsors including, but not limited to Grants Pass Family YMCA, and all sponsors, the representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may rise out of negligence or carelessness on the part of the persons named in this waiver.

Signed \_\_\_\_\_ Signature of Parent or Guardian if Participant is under 18 years \_\_\_\_\_