



Albany Area YMCA - Central Facility 1701 Gillionville Road, (229) 436-0531

Saturday, November 9, 2013

Proceeds benefit youth programs





RACE INFORMATION

1 Mile 7:30 am	\$13 Early Registration (ends Oct. 27)	\$18 (Oct. 28-Nov. 5)	\$23 Late Registration (after Nov. 5)	
Tot Trot 7:45 am (ages 2-4)	\$10 Early Registration (ends Oct. 27)	\$15 (Oct. 28-Nov. 5)	\$20 Late Registration (after Nov. 5)	
1 mile awards				
5K 8:15 am	\$23 Early Registration (ends Oct. 27)	\$28 (Oct. 28-Nov. 5)	\$33 Late Registration (after Nov. 5)	
15K 8:30 am	\$25 Early Registration (ends Oct. 27)	\$30 (Oct. 28-Nov. 5)	\$35 Late Registration (after Nov. 5)	
Special Rates for Doublers -				
Both 1 Mile & 5K	\$30 Early Registration (ends Oct. 27)	\$35 (Oct. 28-Nov. 5)	\$40 Late Registration (after Nov. 5)	
Both 5K & 15K	\$40 Early Registration (ends Oct. 27)	\$45 (Oct. 28-Nov. 5)	\$50 Late Registration (after Nov. 5)	
Run 5K first, run 15K immediately upon completion of 5K				

15K, 5K and 1-mile events will be chip-timed. Races start promptly on time. Early Registration Deadline is Oct. 27

Registration and Packet Pick-Up

Friday, Nov. 8: 5 - 7 p.m. Chili's Restaurant, 2821 Ledo Rd. AND Saturday, Nov. 9: 6:45 - 7:45 a.m., Central Facility

PRIZES

Long-Sleeved T-Shirt guaranteed to all Early Registration entries. Goodie Bag, Chili, & Refreshments.

15K & 5K

Overall master male and female. Overall male and female. Top three finishers male and female age groups: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & older. NO DUPLICATION.

Overall male and female. Top three finishers male and female age groups: 5-6, 7-8, 9-10, 11-12, 13-14 and adult (15 & older). NO DUPLICATION.

Tot Trot

Ages 2-4. 2 laps around YMCA track (1/4 mile). Not timed. All participants get award.

Bring entry form and payment to YMCA, 1701 Gillionville Road. Make checks payable to **DRC Sports.** OR register online, OR register day of race. Register online at www.drcsports.com

PLEASE PRINT NAME	PHONE		GENDER: M F
ADDRESS	City,	St, Zip	
EMERGENCY CONTACT PHONE #	DATE O	F BIRTH	
AGE ON RACE DAY SHIRT SIZE: (CIRCLE) 2T 3T	4T YS YM YL	. AS AM	AL AXL AXXL
ALBANY AREA YMCA MEMBER? Y N EMAIL ADDRE	:SS		
'm entering the following events: (CIRCLE) 5K 15K 1 MI	LE TOT TROT	Both 1 mile & 5	5K Both 5K & 15K

Waiver/Release: In consideration for being permitted to utilize the facilities, services, and programs of the YMCA for any purpose, including but not limited to observation or use of facilities or equipment, or participation in any program affiliated with the warverneesse: In consideration for being perimited to during the inclinities, services, and program in invalve must not any purpose, including out not immed to observation of use of inclinities or requirement of participation in any program initiated with referred with referred to consider the inclinities and referred in the program i recordings which may include the member's image or voice for purposes of promoting or interpreting YMCA programs.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE, INCLUDING BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY PROGRAM AFFILIATED WITH THE YMCA, WITHOUT RESPECT TO LOCATION, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

- THE UNDERSIGNED HEREBY RELEASES. WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE the YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releasees") and DRC Sports from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in, upon, or about the premises or any facilities or equipment therein, or participating in any program affiliated with the YMCA, without respect to location.

 THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in, upon, or about the
- YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with YMCA whether caused by the negligence of the releasees or otherwise.
 THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITIES FOR AND RISK OR BODILY INJURY, DEATH, OR PROPERTY DAMAGE due to negligence of releasees or otherwise while in, about, or upon the premises of the YMCA nd/or while using the premises or any facilities or equipment thereon or participation in any program affiliated with the YMCA.

THE UNDERSIGNED further expressly agrees that the forgoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of Georgia and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect

THE UNDERSIGNED HAD READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER IF LIABILITY AND INDEMNITY AGREEMENT & further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been mad

I HAVE READ THIS RELEASE		
Signature:		Date:
	(or legal guardian if under 18 years old)	