



# First Annual YMCA Ready, Set, GLOW!

5k Road Race Benefitting the Childers Family YMCA of Waycross

**Midnight**  
Friday, July 30, 2010

**WHERE:** Throughout Downtown Waycross

**AWARDS:** Top male/female finishers by age group and male/female over all finishers. Age groups are: 14 and under; 15-19; 20-29; 30-39; 40-49; 50-59; 60 and older

**ENTRY FEE:** \$20 pre-registration, \$25 race day (please be aware that only pre-registrants are guaranteed a t-shirt), \$17 per participant for groups of 10 + (please wear a group t-shirt)

**RACE INFORMATION:** Contact the YMCA at 912-285-8660. You can pick up registration forms at the YMCA. We will be raffling YMCA gym memberships and other items.

**PRE-REGISTRATION:** Please make all checks payable to the YMCA @ 1634 Plant Avenue, Waycross, GA 31501. Please feel free to mail or drop your form off. Deadline for pre-registration is Friday, July 9, 2010. T-shirts are GUARANTEED for all pre-registrants. Race day registration will start at 9:30 PM!

**POST RACE:** We will have refreshments available for all runners and support staff after the race. All others are welcome to refreshments for a small fee.

## **THIS IS A RAIN OR SHINE RACE!**

Please feel free to email this form to your fellow runners/walkers!

*You can also register for this race on Active.com!!*

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This entry form may be duplicated. Be sure to give your email address for race results. You address will only be used in connection with YMCA Ready, Set, GLOW race information.

Email: \_\_\_\_\_

Name: \_\_\_\_\_ Race day age: \_\_\_\_\_ Sex (M) (F)

Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

T-shirt size: Adult SM \_\_\_\_\_ MD \_\_\_\_\_ LG \_\_\_\_\_ X-LG \_\_\_\_\_ XX-LG \_\_\_\_\_

Waiver: In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against the officials, sponsors, and volunteers of the YMCA Ready, Set, GLOW 5k Run/Walk for injuries or illnesses which may directly or indirectly result from my/my minor child's participation in this event. I further state that I am/my minor child is in proper physical condition to participate in this event.

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARENT OR GUARDIAN (IF PARTICIPANT IS UNDER 18)