



Twin Pike Family YMCA Heritage Days 5K Run September 10, 2011

MSHAA RUNNING SPORT OR CROSS COUNTRY PARTICIPANTS

By participating in this race you will be jeopardizing your eligibility with your school.

Time: 8:30a.m. arrival at Bowling Green Square, corner of Court St. and Church St.
Race starts at 9:00am

Location: Bowling Green, MO
Participants should arrive at the corner of Court and Church prior to 8:30a.m. The route will take you through Bowling Green, past Honeyshuck, the home of Champ Clark, and will end at the corner of Main Cross and Main St.

Pre-Registration Deadline: August 26, 2011

Entry Fee: \$15.00 per person before August 26, 2011.
Late entry fee is \$20.00. (A limited number of shirts are available for late entries.)

Awards: 1st Overall Male and Female and 1st, 2nd and 3rd place medals are given in each age category.

Send entry form and check payable to: Twin Pike Family YMCA
614 Kelly Lane
Louisiana, MO 63353

Phone 573-754-4497 Fax 573-754-6330

Name _____ Age _____ Phone _____

Address _____ City/State/Zip _____

E-mail address _____ Fax # _____

Gender: Male Female **Age Group** Under 12 13 to 15 16 to 19
20 to 29 30 to 39 40 to 49 50 to 59 60+

Shirt Size: Adult: Small Medium Large Extra Large XXL

In consideration of the foregoing, I hereby release the Twin Pike Family YMCA and the City of Bowling Green from all damages, actions, or causes whatsoever, in any manner arising out of my voluntary participation in said run. I warrant that I have run/walked this distance and practiced regularly just prior to this event. **ALL PARTICIPANTS UNDER 18 MUST HAVE PARENT OR GUARDIAN SIGN FOR THEM TO RUN.**

Signature: _____ **Date:** _____

| YMCA USE ONLY | | | | | |
|------------------|------|---------------|-------------------|-------------|--------------|
| Payment (circle) | Cash | Check # _____ | Amount Paid _____ | Date: _____ | Staff: _____ |