

Waiver

In consideration of the acceptance of my entry in the 2010 April Fools Run, I release, waive and forever discharge the Cameron Regional YMCA; any and all sponsors of the April Fools Run; the city, county, and state where the competition is held, and all officers, agents, officials, directors, physicians, volunteers and employees of all of foregoing from any and all liabilities, claims, demands, actions, damages, costs and expenses for death, personal injuries or property damage which I may sustain during the April Fools Run or related activities.

I acknowledge that participation in the April Fools Run competition carries with it potential hazard, and that it is my individual responsibility to determine the safety of the course in light of my training and ability and determine the extent of my participation on the day of the event. I understand this is a strenuous competition with risk of accidents on the road and I freely and voluntarily assume all the risks known or unknown, incident to my participation.

I consent to receive medical treatments in the event of injury, accident and/or illness during the April Fools Run.

I acknowledge that I have the sole responsibility for my personal possessions and athletic equipment during the April Fools Run and related activities.

I permit the free use of my name and any photographs, videotapes, motion pictures, recordings or any other record of this event for publicity and/or promotional purposes.

This waiver shall be binding on my heirs, personal representatives, executors, administrators and assigns.

I hereby acknowledge I have read, understand, and agree to the terms of the waiver.

Signature _____
(Parent or Guardian if under age 18)

Date _____



Receipt # _____ Amt. Pd. _____ Date _____

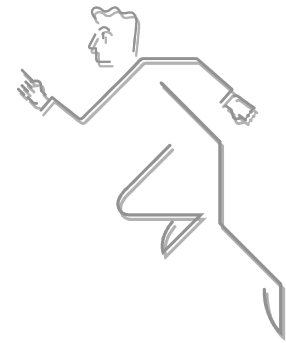
To put Christian Principles into practice through programs that build a healthy spirit, mind and body for all.

MISSION OF THE CAMERON REGIONAL YMCA



Cameron Regional YMCA
402 E. Evergreen
Cameron, MO 64429

Cameron Regional YMCA



April Fools

5K/8K Run

and 5K Walk



YMCA

We build strong kids,
strong families, strong communities.

ENTRY FORM

ENTRY FEE

\$22.00 per person (includes T-shirt)
\$14.00 per person (without T-shirt)
\$10.00 per person - 5K fun walk*

ENTRY DEADLINE

Saturday, April 3, 2010

LATE REGISTRATION:

Entries received after April 3 will be subject to a \$5.00 late fee. Registrations will be accepted on race day at the YMCA beginning at 7:30 am. T-shirts will be mailed if registering after April 3.

PACKET PICK-UP

Packets may be picked up at the Cameron Regional YMCA, Fri. April 9 from 8 am to 8 pm, and on race day from 7:30 am to 8:45 am.

COURSE

All races will start and finish at the YMCA, 402 E. Evergreen. The course is an out and back course that consists of some gently rolling hills.

AID STATIONS

Aid stations will be located at the 5K and 8K turnarounds.

Proceeds from this event are used to fund scholarships for worthy youth and families at the Cameron Regional YMCA. We thank you for your continued support.

AGE DIVISIONS

9 and under	40—44
10—14	45—49
15—19	50—54
20—24	55—59
25—29	60—64
30—34	65—69
35—39	70 and over

The top three finishers in each age group will receive a medal. Overall male and female winners in each race will receive a plaque.

*Participants in the Fun Walk will receive a T-shirt but will not be eligible for awards

COURSE RECORDS

5K RUN		
2003	Jo Gadberry	22:31
2006	Darin Smith	18:42
8K RUN		
2008	Janet Humphrey	34:27
2006	Jeremy Covey	28:18

For more information on this event or to volunteer, please contact:

Adam Bliley, Program Director
Cameron Regional YMCA, (816)632-3811
ymca_adambliley@yahoo.com

Mark Your Calendar!
The Cameron Regional YMCA will be
hosting its 4th Annual Triathlon on
Saturday, July 24th

Name _____

Address _____

City _____

State _____ Zip _____

Work Phone _____

Home Phone _____

Male _____ Female _____

Age as of April 10, 2010

Birthdate ____/____/____

E-mail address

T-shirt Size (if applicable)

S M L XL XXL

Please indicate race below

5K Fun Walk 5K Run 8K Run

Return this form and registration fee to

Cameron Regional YMCA
402 E. Evergreen
Cameron, MO 64429

register online @  active.com

or

APPLICATIONS NOT ACCEPTED
UNLESS DISCLAIMER IS SIGNED
(See Opposite Side)