

**RED, WHITE AND GREEN ESTATE
5K CROSS COUNTRY RUN**

(AND FUN RUN/WALK - approx. 1.3 miles)

July 12, 2013 7:30 PM

\$20 Pre-registration - before July 5th

\$25 Registration - July 6th thru 7 pm on race day

Register online at www.mexicoymca.org

**Packet Pick Up: 6:00-7:00 PM At race location on day of race
(Teal Lake Parking lot Shelter).**

Please fill out the bottom portion and return with payment to the Mexico Area Family YMCA,
1127 Adams St.
Mexico, MO 65265

Please do not mail entries after July 5th

PLEASE CHECK ONE OF THE FOLLOWING:

_____ I am participating in the 5K cross country run \$20 (t-shirt included)

_____ I am participating in the fun run/walk which is free however,
I would like to purchase a commemorative t-shirt for \$10

Name _____ Age as of 7/12/2013 _____ Sex _____

Address _____ City _____ Zip _____

Home phone _____ E-mail address _____

T-SHIRT SIZE: () Youth Med. () Youth Large () Adult Sm. () Adult Med.
() Adult Large () Adult X-Large () Adult XX-Large

LIABILITY WAIVER

I acknowledge that participating in this athletic event involves risk, and I hereby assume all risk of injury or damage associated with such participation. In consideration of entry, I the undersigned, intending to be legally bound hereby for myself, my heirs and executors and administrators, waive and release any and all rights and claims for damages I may have against the Mexico Area Family YMCA, City of Mexico and Mexico High School for any and all injuries suffered by me in said event. I further hold harmless and release the aforementioned organizations from any and all damages I may suffer even if the result of negligence of such organizations, and I indemnify such organizations from any and all damages or injuries I may cause to third persons or property.

Signature

Parent Signature (If under 18 yrs of age)