



# JUST FOR THE HEALTH OF IT!

## Vincennes YMCA 5K Family Fun Run/Walk

Benefits YMCA  
Teen & Family Programs

Date: Saturday, April 12, 2008

Time (EST):

Registration 7:00 a.m.

5K Run/Walk Race 8:00 a.m.

1.2 Mile Run/Walk 9:00 a.m.

Pre-register by: Saturday, April 5  
Guarantees t-shirt!

Entry fees:

- \$15—5K Run/Walk (includes shirt)
- FREE—1.2 Mile Run/Walk (no shirt)

**5K Course:** Starts and ends at the YMCA. Moderate hills in residential area. *Ages 10+*

**1.2 Mile Course:** Starts and ends at the YMCA. Run/Walk around the block! *All Ages*

### Prizes

- T-shirts provided to all 5K Run/Walk participants
- YMCA Membership for overall male and female winner
- Prizes for male and female winner in each age group
- Ribbons for youth finishers

### For Information, Contact:

Bill Davis or Jen Holscher  
812.895.9622 or [info@vincennesymca.org](mailto:info@vincennesymca.org)



### To Register:

- Stop by the YMCA Front Desk
- Mail form & payment: Vincennes YMCA  
2010 College Ave  
Vincennes, IN 47591
- Register Online: [www.vincennesymca.org](http://www.vincennesymca.org)  
Call 895-9622 with shirt size

Name \_\_\_\_\_

Address \_\_\_\_\_

T-shirt Size: S M L XL

Sex \_\_\_\_\_ Birthdate (M/D/Y) \_\_\_\_\_

Phone \_\_\_\_\_

**Waiver:** In consideration of my participation in the activities of the Vincennes YMCA, I do hereby agree to hold free from any and all liability the Vincennes YMCA and all parties involved in the Just for the Health of It event, do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages or injuries which I may have or which may hereafter accrue to me arising out of or connect with my participation in any of the activities of the Vincennes YMCA. I hereby do declare myself or my child to be physically sound to participate in this event.

E-mail \_\_\_\_\_

Race Entered \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent or guardian if under 18 years of age. \_\_\_\_\_ Date \_\_\_\_\_