



Wayne County YMCA

Tenth Annual 5 K Run/Walk

Saturday, September 15, 2018

9:00 Start Time

Welcome runners & walkers of all levels

Location: Wayne Highlands Track & Field Complex

On and Off Road Race

Registration: 7:30-8:45 a.m.

Race Start: 9:00 a.m.

Checks Payable: Wayne County YMCA

Cost: \$20.00 T-SHIRTS GIVEN TO THE FIRST 100 REGISTERED

NO DUPLICATION OF AWARDS

Trophies awarded to the 1st place overall male & female finishers in the run & medals to the 1st, 2nd, & 3rd place male & female finisher in each age group. Medals awarded to the 1st overall male & female walkers and for 1st, 2nd & 3rd place in the walk age groups. Ribbons will be given to all runners and walkers 10 & under.

DIRECTIONS from Honesdale: From the south end of Main St. turn R; at the next light turn R follow up the hill. Go past Honesdale High School and the football field. Turn R onto Lakeside Drive & R into the complex.

MALE & FEMALE AGE GROUPS – 5K RUN	0-10	11-15	16-19	20-29	30-34	35-39	40-44
	45-49	50-59	60-69	70+			
MALE & FEMALE AGE GROUPS – 5K WALK	Over 10	Over 25	Over 40	Over 65			

4th Race of the Wayne County 5K Challenge

Roy Thorpe Memorial 6/9, Perkins Race 7/21, Habitat For Humanity Race 8/25,
Wayne County YMCA 9/15 & Hawley Library 10/06

Questions: (570) 253-2083

wcymca.com

wcymca@ptd.net

Thank you!

Detach & return with entry fee to: Wayne County YMCA 105 Park Street, Honesdale, PA 18431 (570) 253-2083

PLEASE PRINT CLEARLY: NAME: _____

ADDRESS: _____ **CITY:** _____ **STATE:** _____ **ZIP CODE:** _____

EMAIL: _____ **PHONE:** _____

DATE OF BIRTH: ___/___/___ **SEX:** M F **CHOOSE:** WALK ___ RUN ___

AGE RACE DAY: ___ **AGE GROUP:** ___ **CIRCLE SHIRT SIZE:** YL AS AM AL A-XL

In consideration of the acceptance of my participation in the Wayne County YMCA 5K Run/Walk, I, the undersigned, intend to be legally bound hereby waive and release for myself, my heirs, executors and administrators any and all rights and claims for damages, demands and actions whatsoever, including negligence, which I may have against the Wayne County YMCA, Wayne Highlands School District, Scranton Running Co & SRC Race Management, all sponsors, all volunteers and supporters and those entities, representatives, successors, and assigns arising out of my participating at their event, including any and all injuries suffered by me as a result of this event, I certify that I am physically fit and have sufficiently trained for this event.

Signature: _____ **Date:** ___/___/___

Parent Signature (if under 18 years) _____ **Date** ___/___/___