



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# Wayne County YMCA

## RUN TO THE MUSIC!

Thirteenth Annual 5K Trail Run/Walk

Saturday, September 10, 2022

8:30 Start Time

Welcome runners & walkers of all levels

### Celebrating our 13<sup>th</sup> Race Anniversary with the Fall Music Festival!

**Location:** Dorflinger-Suydam Sanctuary

**Course:** Trail

**Registration:** 7:00-8:15 a.m.

**Race Start:** 8:30 a.m.

**Cost:** \$20.00

**Checks Payable:** Wayne County YMCA

Get your tickets for the Fall Music Festival!

**LONG SLEEVE SHIRTS GUARANTEED FOR THOSE PREREGISTERED BY AUG 31, 2022**

**NEW Award Format:** The 5K RUN/WALK will not be timed.

Top 3 Male and Top 3 Female in the overall race will receive a YMCA Race Sweatshirt.

There will be random drawings for other runners/walkers to receive prizes.

**DIRECTIONS:** Go to Dorflinger-Suydam Wildlife Sanctuary Website for the best directions.

**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:** \_\_\_\_\_

**SEX:** Male Female

**CHOOSE:** WALK \_\_\_\_ RUN \_\_\_\_

**CIRCLE SHIRT SIZE:** AS AM AL A-XL A-XXL

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, Dorflinger-Suydam Sanctuary, The Fall Music Festival Committee, 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** \_\_\_/\_\_\_/\_\_\_