

RELEASE

I understand that this road race carries with it the potential for physical injury and property loss. I hereby assume the risks of participating in this running event and certify that I am physically fit, have sufficiently trained for participation, and have not been advised against participation by any qualified health professional. I agree that I have had the opportunity to inspect the race route, facilities, and areas to be used and that if I believe any are unsafe, I will immediately advise the person supervising the event, activity, facility or area. I hereby waive, release and forever discharge the Washington County Family YMCA, event sponsors and any and all claims, losses, or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, theft, or damage of any kind, including economic losses, which may in the future arise out of, or relate to, my participation in or my traveling to or from this event. I further acknowledge there may be traffic or persons on this course route, and I assume the risk of running in this event. This release of liability expressly extends to any negligence on the part of any of the parties release herein.

Signature:

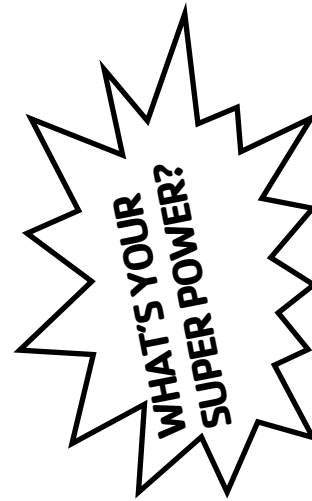
X _____

Date: ___/___/___

Signature of Legal Guardian if participant is under 18:

X _____

Date: ___/___/___



5TH ANNUAL ROCK 'N RUN



SUPER HERO EDITION

September 30, 2017
8:00 AM - REGISTRATION
9:00 AM - RACE BEGINS

WALK/RUNFORASUPER-STRONGCOMMUNITY

WASHINGTON COUNTY FAMILY YMCA

1709 NORTH SHELBY STREET

SALEM, INDIANA 47167

812.883.9622 WCFYMCA.ORG

Washington County Family YMCA
1709 N. Shelby St. Salem, IN 47167

SEPTEMBER 30, 2017
Check-In/ Late Registration:

8:00-8:45 am
5K Run and Walk: 9:00 am

COURSE: Race begins and ends at the YMCA. Route will utilize portions of the community walking trail.

AWARDS: Top (M/F) finishers, overall and age groups 17 & Under, 18-29, 30-39, 40-49, 50-59, 60 & Up.
Best Dressed and Oldest Participant!

SERVICES: Water station available on the course. Snacks and water available to all participants after the race.

VIRTUAL RACE : CAN'T MAKE OUR EVENT BUT WANT TO SUPPORT OUR CAUSE? Register for the event and post a photo of yourself on social media using #superhero2017. You will get a t-shirt for participating! *Early registration only

KIDS OBSTACLE COURSE: Before and Following the 5K. Suggested Ages 3-10.

FUN: #Selfie Spots and DRESS FOR THE THEME!

SPONSORS:

WSLM- Presenting Sponsor
Meadow View Health and Rehabilitation
Netshape Technologies
Blue River Wood Products
First Savings Bank
Jason Wade- State Farm Agency
The Salem Leader
Silveus Crop Insurance- Beth Armstrong
St. Vincent Salem Hospital
360 Accounting
WOW- Working on Wellness
Pacers and Racers

COST:

Early Registration

\$20 for all entry forms received or mailed on or Before Sept. 15th

Late /Race Day Registration

\$25 for all entry forms received or mailed after Sept.16th.

*All early registrations will be guaranteed a t-shirt.

Additional t-shirts for youth participants \$10.

PROCEEDS: Every day the Washington County Family YMCA gives back and provides support to our neighbors by offering financial assistance in many ways. To an active member of the service and his/her family; to a low-income family for membership; to provide camp for a child who otherwise couldn't attend; to help a special needs individual socialize and get healthy in our Y who otherwise couldn't afford it.

YOUR DONATION IS MAKING OUR COMMUNITY STRONGER!

Donate to our Cause at: wcfymca.org

TO REGISTER

Return registration forms to the Y front desk or register online (see below). Checks can be made payable to Washington County Family YMCA.

REGISTER ONLINE

WWW.EVENTBRITE.COM

***SEARCH SALEM, IN**

**2017 Rock N Run 5K
REGISTRATION FORM**

Name: _____

Address: _____

City: _____

State: _____ **Zip Code:** _____

Phone Number: _____

Email: _____

Birthdate: ____/____/____

Age: _____

Gender: Male Female

Emergency Contact Name:

Emergency Contact Phone:

**I WISH TO PARTICIPATE IN THE
VIRTUAL RACE** _____

Shirt Size: YS YM YL AS AM
AL AXL
A2XL+ \$2 A3XL +\$4

Additional shirts:

\$10 x _____ **= \$** _____

Size: _____ **Qty:** _____ **Size:** _____ **Qty:** _____



Washington County
Family YMCA



wcfymca.org



@WashCoYMCA