



Trick or Trot 5K & 1 Mile Fun Run To Benefit Annual Scholarship Campaign

Cause: YMCA is raising money for its Annual Scholarship Campaign. This allows residents of all ages in our community to participate in our programs regardless of their financial situation.

Date and Time:

October 30, 2010; 1 Mile Fun Run begins 8:30am and 5K at 9:00am
Race day registration and pre-registration check-in will begin at 7:30am.

Corporate Sponsorship opportunities available.

Location:

Race begins and ends in the SouthWood Town Center.

Registration: (5K and 1 Mile)

Pre-registration Youth: \$10.00 Adult: \$15.00
(through October 18)

Race Day Registration* Youth: \$12.00 Adult: \$20.00
*First 200 registered participants are guaranteed a shirt (sizes vary)

Costumes encouraged!!

Awards:

Awards for 1st, 2nd, and 3rd place for each age division male/female
Award for overall male and female 5K winner

Age Divisions:

5K: 12 & under, 13 - 18, 19 - 35, 36 - 49, 50+
1 Mile: 7 & under, 8 - 9, 10- 11, 12 - 13

Contact:

Capital Region YMCA
3196 Merchants Row Blvd
Tallahassee, FL 32311
YMCA at SouthWood - Phone: 701-0461



For more information check out our website at www.CapitalRegionYMCA.org

We build strong kids, strong families, strong communities.

TRICK OR TROT REGISTRATION FORM 2010

Pre-Registration

- Youth (12 & under)
 Adult (13 & over)

Race Day Registration

- Youth (12 & under)
 Adult (13 & over)

Event

- 1 mile Fun Run
 5K

Name: _____ Phone: _____ Age: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Shirt Size: _____ ()Adult or ()Youth

- Accepted are all major credit cards, checks, and cash.
- Make Checks payable to the Capital Region YMCA.
- Corporate Sponsorship If your business is interested in being a Corporate Sponsor contact Tasha Everette at (850) 701-0461

Mail or Drop off registration forms at any Capital Region YMCA location.

YMCA at SouthWood
3196 Merchants Row Blvd.
Suite 200
Tallahassee, Fl. 32311
Phone: 850.701.0461
Fax: 850.701.0466

Parkway Family YMCA
2001 Apalachee Parkway
Tallahassee, Fl 32301
Phone: 850.877.6151
Fax: 850.942.2001

Northwest YMCA
3840 N. Monroe St.
Suite 400
Tallahassee, Fl 32303
Phone: 850.536.9622
Fax: 850.562.7363

In consideration of my entry being accepted, I intend to be legally bound and do hereby, for myself, my heirs, and executors, waive all rights and claims for damages which I may have or which hereafter accrue to me against the sponsors of any subsidiary or political subdivision thereof, its or their respective officers, agents, representatives, successors, assigns and sponsors for any and all damages or injuries which may be sustained or suffered by me in connection with my association with or entry or participation in the Trick or Trot. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. I have read the above release and understand that I am entering this event at my own risk.

Signature

Date

Parent or Guardian Signature (if under 18)