



**Neosho Freeman Family YMCA
10K Race, 2 mile Kids' Run
Saturday, May 29th
8:30 am Race Begins
Neosho, MO**

**7:30 am Race day registration & packet pick-up
10:00 am Post Race celebration
10:30 am Awards**

Race Awards:

All Participants receive an official Big Spring Fling T-shirt. All Walkers and Kids' Run (12&U) participants receive participation medals. 10K Overall Female and Male Awards and Age group awards 1st-3rd for male and female divisions for the 5K Run will be:

19-U	40-49
20-29	50-59
30-39	60+

The Course:

This course is a flat 10K course that lends itself to personal best times. Race begins just behind the Neosho YMCA and runs through Neosho Industries and Crowder College areas, ending at the Neosho Freeman Family YMCA. The course is monitored.

Pre-registration fee	\$20
12-U - Kids Run	\$10
Day of Race Registration Fee	\$25

*All proceeds benefit the
YMCA Strong Kids Campaign*

BIG SPRING FLING 10K Registration Form

Please print. Make checks payable to: Neosho Freeman Family YMCA.

Name _____ Male ___ Female ___ Event: Run___ Walk___ Kids' Run ___
(12&U)
Address _____ City _____ State _____ Zip _____
Home Phone _____ Birthday ____/____/____ Age _____
Emergency Contact: _____ T-shirt Size Youth: ___S___M Adult: ___S___M___L___XL___XXL

Waiver:

I understand that the Neosho Freeman Family YMCA assumes no responsibility for injuries or illnesses which I may sustain as a result of my physical condition or resulting from my observation or participation in any activity or use of the facilities or equipment used for YMCA activities. I expressly acknowledge on behalf of myself and my heirs that I assume the risk for any and all injuries and illnesses which may result from my participation in these activities. I hereby release and discharge the Freeman Southwest Family YMCA, its agents, servants and employees from any and all claims of injury, illness, death, loss or damage which I may suffer as a result of my participation in these activities.

Property Loss: I understand that the YMCA is not responsible for personal property lost, damaged or stolen while members and/ or program participants are using the YMCA facilities or are on the YMCA program premises. I have read and voluntarily signed this waiver and release from liability.

Participant's or Parent's Signature _____ Date _____

Method of Payment: ___Cash ___ Check ___Mastercard ___ Visa

Cardholder _____ Card Number _____ Exp. Date _____

Office Use Only: Receipt # _____ Amount _____

Register at the Freeman Southwest Family YMCA, online at www.ymcaswmo.org, by fax with credit card to 417-455-9998, or mail to YMCA, 4701 Chouteau Ave., Neosho, MO 64850 Registration Fee must accompany registration form. Race will be held rain or shine. No refunds.