



**Grove Challenge 5K Race
Grand Lake Family YMCA
5K Run / 1 mile Walk
Saturday, April 2nd, 2011
Grove, Oklahoma**

Race Awards:

All Participants receive an official 5K T-shirt. 5K 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+

8:00 am Race Day Registration and Packet Pick-up
9:00 am Race Begins (Walkers begin behind runners)
Awards following race.

The Course:

Starts at Grove Sports Complex and goes east on 13th turning north on 640 Rd. to turn around. The 1 mile turns around at S. 636 Rd.

Pre-registration Fee Y Members	\$20
Pre-registration Fee Non Members	\$25
<i>(After March 26th)</i>	
Y Members	\$25
Non Members	\$30
<i>All proceeds benefit the YMCA Strong Kids Campaign</i>	

Registration Form

Please print. Make checks payable to: Grand Lake Family YMCA.

Name _____ Male ___ Female ___ Event: Run ___ Walk ___

Address _____ City _____ State _____ Zip _____

Home Phone _____ Birthday ____/____/____ Age _____

Emergency Contact: _____ T-shirt Size Youth: ___S ___ M Adult: ___S ___M ___L ___XL ___ XXL

Email Address _____

Waiver:

I understand that the Tri-State 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 Tri-State 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 Grand Lake Family YMCA, online at www.tristatefamilyymca.org, by fax with credit card to 417-455-9998, or mail to YMCA, 206 Elk, Grove, OK 74344. Registration Fee must accompany registration form. Race will be held rain or shine. No refunds. For more information call 918-786-5774 or email butchchristy@crowder.edu