



**The Neosho Freeman Family YMCA
Power Puff Women Only
5K Run
Thursday, May 5th 2011
Neosho, Missouri**

4:00 pm Race Day Registration and Packet Pick-up
6:00 pm Race begins

Post race celebration and awards immediately after race.

Race Awards:

All Participants receive an official Power Puff Run t-shirt. 5K Overall Female Award and Age group awards 1st-3rd for 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 certified, flat 5K Course that lends itself to personal best times. Race begins just behind the Neosho Freeman Family YMCA and runs through Neosho Industries and Crowder College areas, ending at the Neosho Freeman Family YMCA. All areas are low traffic and the course is monitored. (Map on back of form)

Pre-registration Fee by April 28th \$10
After April 28th & Day of Race Registration Fee \$15

All proceeds benefit the YMCA Strong Kids Campaign

Power Puff Women Only 5K Registration Form

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

Name _____

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, at branch of 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 Neosho Freeman 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 Neosho Freeman 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.

YMCA Mission: To put Christian Principles into Practice through Programs that Build Healthy Spirit, Mind and Body for all.