



# **MOTHERS DAY – “COLOR RUN” 5K RUN/WALK**

**5K Run / Walk Saturday May 11Th, 2019 at 10am**

- **Registration Available at Northern Lights YMCA—Delta Center 2001 North Lincoln Road, Escanaba – Phone: 906.789.0005 or online at [www.nlymca.com](http://www.nlymca.com)**
- **Registration: \$25 per individual or \$50 for a family of 2 or more on or before Monday May 6th, 2019 by 10pm (guarantee of race shirt)**
- **Packet Pick Up: Saturday May 11th from 8:30–9:30am at MTEC Fitness Studio, Room 2017**
- **Race Start Promptly at 10 AM – Starts & Ends at the MTEC center**

**(Registration form and waiver on back side of form)**



**PARTICIPANT INFORMATION**

Name: \_\_\_\_\_ Age on Raceday: \_\_\_\_\_

Male / Female                      T-Shirt Size: S M L XL XXL (Circle One)

Name: \_\_\_\_\_ Age on Raceday: \_\_\_\_\_

Male / Female                      T-Shirt Size: S M L XL XXL (Circle One)

Name: \_\_\_\_\_ Age on Raceday: \_\_\_\_\_

Male / Female                      T-Shirt Size: S M L XL XXL (Circle One)

Name: \_\_\_\_\_ Age on Raceday: \_\_\_\_\_

Male / Female                      T-Shirt Size: S M L XL XXL (Circle One)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

**WAIVER**

I hereby release the Northern Lights YMCA, the National YMCA organization, sponsoring groups, the City of Escanaba, the county of Delta, race directors, other representatives, all officials, and volunteers involved with the race from any and all rights and claims for injuries or illness suffered by me in this event. I understand that participation in this event is strenuous and I verify that I am physically fit to compete.

\_\_\_\_\_  
Signature of Participant or Guardian

\_\_\_\_\_  
Date