

RACE INFORMATION

Run, Walk, Jog, Swim or Bike a 5K however and where ever you want. Email picture of competed 5K (selfie with watch, treadmill screen or phone screen) to Frances Farmer at: ffarmer@rowanymca.org

SHIRT / MEDAL

When you complete your 5K, you will receive a shirt & medal

PRICE

5K: \$20 (First 100 registered receive a YMCA sports towel)

5K with your dog: \$25 (all Dogs will receive a bandana).

Not local? Add \$5 to have your shirt/medal mailed to you.

DOOR PRIZES

Post pic on Facebook with [#anyway5K](#) to be eligible for awesome door prizes.

CONVERSIONS

Ask fitness staff for swim, bike, or exercise class conversions.

REGISTRATION

Return this form to any YMCA of Rowan County Branch.

Make fee payable to:

YMCA of Rowan County
215 Guffy St., Salisbury, NC 28146
Anyway 5K

PROCEEDS

ALL proceeds will go toward the YMCA of Rowan County's Annual Campaign to help with scholarship assistance.

APPLICANT INFORMATION

Last Name:		First Name:	
Age:	Date of Birth:	Gender:	
Street Address:			
City:	State:	Zip:	
E-mail:		Phone:	
T-Shirt: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL (shirts run small)			

WAIVER

In consideration of my or my child's participation in the aforementioned YMCA of Rowan County event I hereby discharge and release the YMCA of Rowan County, and any and all employees or agents thereof of all claims of any kind whatsoever arising out of the actions of the above said participants or agents, to the extent allowed by law. I have informed the YMCA of Rowan County of any physical conditions that may hinder my or my child's participation in the said event.

SIGNATURE (parent/guardian if under 16) DATE