

YMCA of Calhoun County ANNISTON ORTHOPAEDICS

Healthy Kids Day Run

Saturday, April 10, 2010
5K Run & (1/2 mile) Youth Fun Run

Time: 5K Race begins at 8:00am
Fun Run/Walk-A-Thon will follow immediately after the 5K run.
5K Course is USATF CERTIFIED

Place: Norwood Hodges Community Center in Golden Springs-3121 Spring Valley Rd.

T-shirts: Shirts are guaranteed on race day to first 100 pre-registered runners

Awards: 5-K Awards presented to overall top 3-Male/Female; Top 3 in each age group.
Overall Fun Run top 3-Male/Female and Top four in each age group.



Fun Run Age Groups: Male/Female
4 and under 5-6 7-8 9-10 11-12

5K Age Groups: Male/Female
11-Under/12-14/15-19/20-24/25-29/30-34/35-39/40-44/45-49/50-54/55-59/60-over

Registration: 6:30 A.M. at the Norwood Hodges Community Center in Golden Springs.

Entry Fees: \$10.00 Fun Run Youth and Adults \$15.00 5K Before March 31st \$20.00 5K After March 31st
(No Runner's Club discounts day of race, must pre-register)

For more information call 238-9622 OR 832-9622
In conjunction with the YMCA and Anniston Runners Club.
{Mail check to: YMCA of Calhoun County /P.O. Box 1649/Anniston AL. 36202}}

Name _____
Address _____
City/St/Zip _____
Track Club _____
Age _____ Male Female (circle)

5-K **1/2 Mile run/walk** ---- (Circle # of Runs)

T-shirt-{Youth: Small--Medium--Large} {Adult: Small--Medium--Large--Extra Large}

In consideration of you accepting my entry as a participants in the YMCA Healthy Kids Day Run... I hereby release and discharge all sponsors: YMCA of Calhoun County , Anniston Runners Club and all their agents, officers, and administrators from any and all liability for illness, injuries, and damages arising from my participation in this event. I will additionally permit the free use of my name and pictures in broadcasts, telecasts, ECT... I further intend that my heirs, executors, administrators be bound by the release.

SIGNATURE: _____ DATE _____

Parents/Guardians must sign for those under 18yrs of age

Date Paid _____ Receipt _____ CK# _____ Staff _____

