



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIRECTIONS TO SLATE BELT YMCA

315 West Pennsylvania Avenue
Pen Argyl, PA 18072

U.S. 33N - take the Wind Gap exit toward Wind Gap/Bath. Merge onto PA-512 toward Wind Gap. Turn right onto Park Ave./PA-512. Follow 512 for approx. 2.5 miles. YMCA entrance will be on your left.

U.S. 33S - take the first Wind Gap exit. Turn Left on North Broadway/115. At the first traffic light, make a left onto 512. Follow 512 for approx. 512 2.5 miles. YMCA entrance will be on your left.

2nd ANNUAL SLATE BELT SPRINT 5k Run and Walk

Saturday, September 1st 2018

5K RUN/WALK AND FREE KIDS FUN RUN!

Registration opens 7:00am
5K RUN 8:15am
5K Walk 8:20am
Kids Fun Run 9:15am



RETURN REGISTRATION FORMS TO:
Laura Miller c/o Slate Belt YMCA
Slate Belt Sprint 5K Run/Walk
315 West Pennsylvania Avenue
Pen Argyl, PA 18072



GREATER VALLEY YMCA
Slate Belt Branch
315 West Pennsylvania Avenue, Pen Argyl PA, 18072
P 610-881-4470 W greatervalleyymca.org

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RUN/WALK REGISTRATION

ONE PER PARTICIPANT - PLEASE PRINT CLEARLY

Internal use only!

Please Check ONE Runner Walker

Gender: Male Female

Date of Birth (8 & older) _____

Age on Race Day _____

Adult T-Shirt Size S M L XL XXL
(t-shirts are gender specific)

Name _____

Address _____

City _____

State _____ Zip Code _____

Phone _____

Email _____

Pre-Registration Up To August 18	\$20
August 19 and after	\$25
Children Ages 8 to 11 years old	\$10

Contribution to the YMCA \$ _____

TOTAL AMOUNT ENCLOSED \$ _____

Internal use only!
Cash _____ Check Total _____ Check No. _____

WAIVER - Please enter me in the YMCA Slate Belt Sprint 5K. I know that running a road race is a potentially dangerous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running including but not limited to falls, contact with other participants, the effects of the weather, traffic and conditions of the road, all such risks being known and appreciated by me. I agree to abide by any decision of the race official relative to my ability to safely complete the run. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I for myself, my heirs and anyone entitled to act on my behalf waive, release, and indemnify the Slate Belt YMCA, any sponsor or organizers, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event. A parent or guardian must sign this form if applicant is under 18 years of age. I understand that the YMCA may use my picture for promotional and marketing materials. I agree to allow pictures, video and audiotapes of my child for promotional and marketing materials.

Signature: _____

Parent/Guardian must sign if participant is under 18

**Kick-off your Labor Day celebrations
with us for our
2nd Annual Slate Belt Sprint 5K!
This is a family event, as well as an
event for competitive runners.**

REGISTRATION

Pre-Registration ends Friday 8/18
Postmarked or Drop Off at the Y

MUST PRE-REGISTER BY 8/18 TO GUARANTEE T-SHIRT

August 19 and After -
Register at Y on race day

REGISTER ONLINE:

www.pretzelcitysports.com

START TIMES

7:00 am	Day Of Registration Open
8:15am	5k Run
8:20am	5k Walk
9:15 am	Kids Fun Run

AWARDS

First Place Overall Male & Female
First Place Walker Male & Female

Top 3 Male & Female by Age Group:

11and under	12 to 15	16-19
20-29	30-39	40 to 49
50 to 59		60 and up

Questions?

Laura Miller
610-881-4470

KIDS FUN RUN REGISTRATION

ONE PER PARTICIPANT - PLEASE PRINT CLEARLY

FREE EVENT

For Children Ages 3 to 7 Years

MUST PRE-REGISTER BY 8/18 TO GUARANTEE T-SHIRT

Gender: Male Female

Date of Birth _____

Circle Age as of Race Day **3 4 5 6 7**

Youth T-Shirt Size XS S M L

Child's Name _____

Address _____

City _____

State _____ Zip Code _____

Phone _____

WAIVER - Please enter my child in the YMCA Slate Belt Sprint Kids Fun Run. I acknowledge that running a road race is a potentially dangerous activity and that one should not enter and run unless one is medically able and properly trained. I assume all risks associated with running including but not limited to falls, contact with other participants, the effects of the weather, traffic and conditions of the road, all such risks being known and appreciated by me. I agree to abide by any decision of the race official relative to my ability to safely complete the run. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I for myself, my heirs and anyone entitled to act on my behalf waive, release, and indemnify the Slate Belt YMCA any sponsor or organizers, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event. I understand that the YMCA may use my picture for promotional and marketing materials. I agree to allow pictures, video and audiotapes of my child for promotional and marketing materials.

Parent's name **PRINT** _____

Parent's Signature: _____

Parent's email: _____