



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY



# HAVE FUN. RUN. HELP THOSE IN NEED.

## INAUGURAL "WHY I RUN" EVENT WHY DO I RUN FOR THE Y?

Fundraising Run for the YMCA "Strong Kids" Campaign

**SUNDAY, APRIL 22, 2012 (1:00pm)  
 5K/10K RUN/WALK AND KIDS FUN RUN  
 HELD AT SESSIONS LAKE STATE PARK, IONIA, MI**

Shuttle service available from Saranac High School for \$2/person; otherwise a State Park pass is required for entry at the gate. Visit [www.michigan.gov/recreationpassport](http://www.michigan.gov/recreationpassport) for more info.

Packet Pick-up at Ionia County YMCA: Fri, the 20th, 6-8pm; Sat, the 21st, 8am-2pm; or at Sessions Lake Park the day of the event at 11:30am.

All proceeds go directly to the "Strong Kids" Campaign benefiting the children of Ionia County. For more information visit [www.grymca.org](http://www.grymca.org).

**PLEASE PRINT CLEARLY USING A SEPARATE FORM FOR EACH RUNNER.**

**RACE CONTACT INFORMATION: Julie Klynstra at [jklynstra@grymca.org](mailto:jklynstra@grymca.org) or 616.527.5760.**

**Online registration at [www.active.com/event\\_detail.cfm?event\\_id=2005074](http://www.active.com/event_detail.cfm?event_id=2005074)**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ M\_\_ F\_\_  
 Street Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_  
 E-mail \_\_\_\_\_ Phone \_\_\_\_\_ Age on Race Day \_\_\_\_\_

**DROP OFF OR MAIL COMPLETED FORM AND PAYMENT TO:**

**Y I Run, 250 E. Tuttle Rd., Ionia MI 48846**

**Make checks payable to Ionia County YMCA/Strong Kids Campaign**

<input type="checkbox"/> 5k Run	<input type="checkbox"/> 5k Walk	5k: \$20 without shirt before 4/22	Shirt Size <input type="checkbox"/> Youth Large <input type="checkbox"/> Adult Small <input type="checkbox"/> Adult Medium <input type="checkbox"/> Adult Large <input type="checkbox"/> Adult XLarge
		\$25 with shirt before 4/22	
<input type="checkbox"/> 10k Run	<input type="checkbox"/> Kids Run	10k: \$25 without shirt before 4/22	
		\$30 with shirt before 4/22	
		Kids Run: \$10 with shirt only	

Surcharge \$5 day of race

Overall male, male master, female and female master will receive trophy.

Additional donation for "Strong Kids" \$ \_\_\_\_\_ Total enclosed: \$ \_\_\_\_\_

Please read carefully and sign before submitting entry: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event including, but not limited to: falls, contact with other participants, the effects of weather and temperature, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of you acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the YMCA of Ionia County and Greater Grand Rapids and all sponsors and volunteers from claims and liabilities of any kind arising out of my participation in this event, regardless of negligence or carelessness on the part of persons named in this waiver. I grant permission to all of the foregoing to use any photos for any legitimate purpose.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_ Parent Signature (if participant is under 18 years) \_\_\_\_\_