

# ASHLAND YMCA

## FRITTER 5K & 10K

October 26, 2019 10:00am

Registration at 9:00am



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

- Race starts and finishes in Myers Field behind the YMCA building
- Registration, awards ceremony and refreshments will be held at the YMCA in Myers Field
- Awards will be given to the overall top 3 male and female finishers and top male and female winners in each age group.
- Registration fee includes a t-shirt, a Hawkins doughnut and apple cider
- Chip timing will be provided

### REGISTRATION:

Go online to <http://ohioraceday.com/races/>  
Or detach form below and return with the fee to:

Attn: Alex Byers  
Ashland Family YMCA  
207 Miller Street  
Ashland, Ohio 44805

### REGISTER BEFORE OCTOBER 10 TO BE GUARANTEED A T-SHIRT

#### Early Registration:

5K: \$20 (Before September 8)	10K: \$30
5K: \$25 (After September 8)	10K: \$35
5K: \$30 <b>Walk Up Fee</b>	10K: \$40 (T-shirt not guaranteed)

#### AGE GROUPS:

Male & Female  
19 & under, 20-29,  
30-39, 40-49, 50-59, 60+

Waiver and Release: By participation in this event, I do so at my own risk. I assume all risk of injury, illness, damage or loss to me or my property that might result, including without limitation, any loss or theft of personal property. I consent to medical treatment in the event of injury, accident and/or illness during the Event. I agree on behalf of myself (and my personal representatives, heirs, executors, administrators, agents and assigns) to release and discharge the organizers of this event, its principals, its officers and directors, its employees from any and all claims or causes of action (known or unknown) arising out of their negligence. I acknowledge that I have carefully read this Waiver and Release and fully understand that it is a release of liability. By my signature below, I am waiving any right that I may have to bring legal action to assert a claim against any and all Event sponsors for their negligence. I hereby grant full permission to any and all of the foregoing to use my name and likeness in any broadcast, telecast, video, social media or print media reporting or advertising of the Event without compensation.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

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

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_

Race: 5k 10k Gender: M F Adult T-Shirt Size: S M L XL XXL

Email: \_\_\_\_\_ Telephone: (\_\_\_\_) \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parents Signature (if under 18): \_\_\_\_\_ Date: \_\_\_\_\_

**Make Checks payable to:** Ashland Family YMCA and mail to Fritter 5K Attn: Alex Byers, 207 Miller Street, Ashland, Ohio 44805