



HAMPSHIRE REGIONAL YMCA  
**BUILDING  
A HEALTHY  
COMMUNITY** 

Bib # (official use)  
\_\_\_\_\_  
Entered in CCC:  
\_\_\_\_\_

Look Memorial Park  
300 N. Main Street,  
Florence, MA 01062

**Saturday, November 4, 2017 • 5k Starts: 1:00 PM • Walk Starts: 12:30 PM  
Kids Fun Run: 2:00 PM • Online registration at hrymca.org**

EVENT (PLEASE CIRCLE):      WALK ( 12:30 PM) OR 5K RACE (1:00 PM)      KIDS FUN RUN (2:00 PM)      DONATION

Walker/Runner First Name: \_\_\_\_\_ Walker/Runner Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender:  Female  Male

**WANT TO PARTICIPATE AS PART OF A FAMILY?**      Family Name: \_\_\_\_\_

Family members:

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_ Event/s: \_\_\_\_\_ Gender: \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_ Event/s: \_\_\_\_\_ Gender: \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_ Event/s: \_\_\_\_\_ Gender: \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_ Event/s: \_\_\_\_\_ Gender: \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_ Event/s: \_\_\_\_\_ Gender: \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_ Event/s: \_\_\_\_\_ Gender: \_\_\_\_\_

- \$50 Family (1 or 2 Adults with 2 or more children—\$55 after 10/23, and on Race Day)
- \$25 Adult Runner/Walker (\$30 after 10/23, and on Race Day)
- \$15 Youth Runner/Walker (17 and under, \$20 after 10/23 and on Race Day)
- \$15 Senior Runner/Walker (65+, \$20 after 10/23 and on Race Day)

Entry Fee: \$ \_\_\_\_\_ + Additional Donations: \$ \_\_\_\_\_ = Total Paid \$ \_\_\_\_\_

Method of Payment (check one):  Visa/Master Card  Cash  Check

**RULES REGULATIONS:** Strollers, OK—single or double, No pets, No skateboards/blades/bikes

**WAIVER:**

In consideration of my entry in the Building a Healthy Community 5k to support the the Hampshire Regional YMCA Annual Support campaign, I hereby, my heirs, executors, and administrators, waive and release any and all rights and claims for damage I may have against the race organizers and directors, The HRYMCA and all race sponsors, volunteers, and their agents for any injuries suffered and claims for damages by me, from or out of my participation in this event. I attest that I am physically fit and that my condition has been verified by a physician.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Signature of Parent or Guardian (if under age 18)



## **BUILDING A HEALTHY COMMUNITY FUN RUN DETAILS**

| <b>AGE:</b>        | <b>TIME:</b> | <b>DISTANCE:</b> |
|--------------------|--------------|------------------|
| THREE AND UNDER    | 2:00PM       | 26.2 METERS      |
| FOUR-FIVE YEARS    | 2:10PM       | 100 METERS       |
| SIX-SEVEN YEARS    | 2:20PM       | 200 METERS       |
| EIGHT-TWELVE YEARS | 2:30PM       | 400 METERS       |

### **WHO WE ARE**

The Hampshire Regional YMCA has been providing wellness and family services to our community since 1880, with a focus on youth development, healthy living and social responsibility. From athletics to education, wellness services to safe spaces, the Y helps to strengthen the health of our community.

### **INVESTING IN OUR HEALTH AND OUR COMMUNITY**

At the Y, strengthening community is our cause. Strong communities don't just happen; they're the result of dedicated leadership and stewardship of our mission and core values: Caring, Honesty, Respect and Responsibility. In partnership with our donors, the Hampshire Regional YMCA delivers programs that improve overall health, prevent chronic disease onset, combat social isolation and promote youth development. It is critical to our mission to ensure that everyone, regardless of age, income or background, has the opportunity to thrive.

LIVESTRONG® at the YMCA is a research-based, signature program of the YMCA, currently offered in 600 communities throughout the country. The Hampshire Regional YMCA has made a commitment to bettering the lives of local cancer survivors and their families by offering the program at their facility. This 12-week, research-based initiative is designed to help survivors regain strength, overcome fatigue and broaden their support network following a cancer diagnosis.

The LIVESTRONG at the YMCA program is free to participants. However, the operation of each program session costs \$600 per participant. In addition to receiving two, small group training sessions per week, participants and their household family members receive a free, 3-month YMCA membership. The YMCA depends on the generosity of individuals, organizations and businesses to be able to offer this program to the community.

## **ON BEHALF OF OUR YMCA-THANK YOU!**

**HAMPSHIRE REGIONAL YMCA • 286 Prospect Street Northampton, MA 01060 • [WWW.HRYMCA.ORG](http://WWW.HRYMCA.ORG)**