



YMCA

Summer Sizzler



Y Cup Series

5K/10K

Date: Saturday, July 18, 2009

Start Time: 8:00 a.m.

**Location: Collinsville Maryville Troy YMCA
#1 Town Center Drive
Maryville, Illinois**

Entry Fee: YMCA Members \$15.00 Non-members \$20.00

Bring this form into the YMCA with payment

Please contact the CMT YMCA for more information (618) 346-5600



T-shirt guaranteed if registration received by July 3rd.

Awards:

**Top male and female finisher in each race
Medals to top 3 in each age division:
11-19, 20-29, 30-39, 40-49, 50-59, 60 & older
Medals to all finishers age 10 and under**

Packet Pickup:

**Friday, July 17, 2009 from 4:00—8:00 p.m.
Race Day from 6:30—7:45 a.m.**

www.ymcaswil.org

CMT YMCA's Summer Sizzler entry form

Please Print Clearly

Name: _____

Phone: _____

Address: _____

Age (on 7/18/09): _____

City/State/Zip: _____

Date of Birth: _____

E-mail: _____ Sign up for the CMT YMCA Run Club E-mail Newsletter? Yes No

T-shirt Size: YM S M L XL

Race Entered: 5K 10K

Gender: Male Female

Waiver of Liability: I understand that the YMCA of Southwest, Illinois, City of Maryville, their employees, and all others connected with the event or program are not liable for any injuries which I may suffer while taking part in this voluntary activity. I hereby waive and release any and all rights and claims I may have against the YMCA, sponsors or any personnel for any injury I might suffer in this event or for loss or damage to my property. I attest that I am physically fit and have prepared for this event. (Participants under the age of 18 must have this form signed by a parent or guardian).

Signature: _____

Date: _____

Parent or Guardian Signature required if under the age of 18

Mail to: Collinsville Maryville Troy YMCA, #1 Town Center Drive, Maryville, Illinois 62062. Make checks payable to CMT YMCA.



YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.