

# 5K FUN Run for Kisses

*One runner (entry) per form*

Gender \_\_\_\_\_ Male \_\_\_\_\_ Female

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

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Age on 5K Run Day \_\_\_\_\_ Date of Birth \_\_\_\_-\_\_\_\_-\_\_\_\_

## **Waiver**

**(Must be signed by guardian if under 18)**

I know that running a 5K fun run may be a potentially hazardous activity. I should not enter a run unless I am medically able and properly trained. I assume all risk associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read the waiver and knowing these facts, I for myself and anyone entitled to act on my behalf, waive and release the Y Express and the YMCA of Central Virginia's staff, volunteers and sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though the liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I also authorize the use of photographs or videos that include my image for promotional, informational, or other reasons deemed to be in the best interest of the YMCA.

Signature \_\_\_\_\_

**Register online:** [www.lynchburgymca.org](http://www.lynchburgymca.org)

\$10 fee to support the Y financial aid and youth outreach programs

Additional donations to the YMCA are tax deductible. Amount of donation \$ \_\_\_\_\_

**Payment to:** Y Express

3408 Old Forest Road  
Lynchburg, VA 24501  
434-455-5996

