

**Sponsors:**  
**Jefferson City  
Memorial Airport**

**head lines**

salon + hair color



**SLOAN CLINIC**

**Order of Events:**

**LifeLine 1 Mile Walk for Health**

- Start Time: 7:30 am

**5K Walk/Run**

- Start Time: 8 am


**Youth 1 Mile Walk/Run**

- Start Time: 9 am

**Kids 100M Dash for Health**

- Start Time: at the completion of all other events.

NON-PROFIT ORG  
U.S. Postage  
PAID  
Jefferson City, MO  
Permit No. 98

 Jefferson City Area YMCA  
PO Box 104176  
Jefferson City, MO 65110-4176

RETURN SERVICE REQUESTED

**Jefferson City  
Area YMCA**



**Sat., June 19, 2010  
Jefferson City  
Memorial Airport  
8 a.m.**

*Ready, Set, Race to benefit the YMCA  
and the  
Brenda Chick Scholarship Fund  
which provides nutrition counseling  
and personal training  
to deserving individuals who  
otherwise could not afford it.*

  
[www.jcymca.org](http://www.jcymca.org)

**Pre-Registration:** (By June 14, 2010)

**ADULT**

With Shirt ..... \$20  
Without Shirt..... \$15

**YOUTH (14 and under)**

With Shirt ..... \$15  
Without Shirt..... \$10

**SENIOR LIFELINE WALK**

With Shirt ..... \$15  
Without Shirt..... \$10

*Shirts not guaranteed after pre-registration deadline.*

**Day of Event:**

Adult ..... \$30  
Youth ..... \$25  
Senior ..... \$20

**Special Events:**

**LifeLine 1 Mile Walk for Health** - Anyone 50 years or older is invited to take part in a 1 Mile Walk for Health Sponsored by the YMCA's Lifeline program.

**Start Time:** 7:30 am

**Youth 1 Mile Walk/Run** - This portion of the event is open to anyone 14 years and under.

**Start Time:** 9 am

**Kids 100M Dash for Health** - The Dash for Health is for kids 2-6 years old. All paid participants will receive a medal.

**Start Time:** 9:30 am or at the conclusion of all other events.

**Cost:** \$5

**Race Start/Finish:**

Race will start and finish in the area of the Memorial Airport north of Jefferson City. Restrooms are available. **No pets.**

**Course:**

This course is certified through the Road Runners Club. Course runs out and back. Little to no traffic. Water station at start, mid-point and finish. Map available at [www.jcymca.org](http://www.jcymca.org).

**Awards:**

Runner awards will be presented to the overall male and female finisher, the top three male/female finishers in each age category, and to the overall male/female walker.

**Awards Ceremony:**

The awards ceremony will take place at the completion of the race.

**Age Divisions:**

- 10 & younger
- 11-14
- 15-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70 & older

**Walkers Welcome:**

Walkers and runners are welcome to join us for this event. Walker awards will only be given to the overall male and female walkers. The Father's Day 5K is for all ages and fitness levels. Bring the entire family out for fun, fitness and togetherness. **No pets.**

**YMCA Mission Statement**

The Jefferson City Area YMCA is an association comprised of persons of all ages, ethnic groups and religious affiliations dedicated to putting Christian principles into practice through programs that build a healthy spirit, mind and body for all.

**2010 Father's Day 5K Registration Form**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Phone (home): \_\_\_\_\_ (work): \_\_\_\_\_ (cell): \_\_\_\_\_ Age: \_\_\_\_\_  
DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Male  Female  Walker  Runner  LifeLine Walk  Kids Dash for Health   
Youth 1 Mile Walk/Run   
Email: \_\_\_\_\_ T-Shirt size: Youth  L  M  Adult  S  M  L  XL  XXL  (add \$1)

*Please Print*

**Return this form and registration fee to Jefferson City Area YMCA, PO Box 104176, Jefferson City, MO 65110-4176.**

**WAIVER:** I acknowledge and represent that I am physically fit and sufficiently trained to participate in an event of this nature, and I accept full responsibility for any injury or accident resulting from my participation in this event and release from any and all liability the Jefferson City Area YMCA, Jefferson City Memorial Airport, all race sponsors and any race officials.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Receipt # \_\_\_\_\_ Amt. Pd. \_\_\_\_\_