

THUNDERBRIDGE ROAD RACE

SUNDAY
NOVEMBER 3
2019

FREE race shirt
(not guaranteed with
late entry)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPENCER FAMILY YMCA
1001 11TH AVE W
SPENCER, IA 51301
712.262.3782



5K ROAD RACE

RUNNERS & WALKERS

of all ages and abilities are welcome and encouraged to participate

AWARDS

- Top 3 Men and Top 3 Women finishers of each race receive an award
- Prizes will be drawn at random for all participants

FREE CHILDWATCH

At the Y during the Race
Children ages 6 weeks to 3rd grade



ENTRY FEE:

\$20.00 Early Bird Registration before OCTOBER 15th
\$25.00 After October 15th (limited t-shirt availability)

REGISTRATION:

- At the Y - cash, check, VISA, Mastercard, DISCOVER
- Online @ spencerymca.org

2019 Spencer Family YMCA Thunderbridge 5K Road Race

REGISTER ONLINE:
Program Code: #06127 19KK

Name: _____

Male Female

Mailing Address: _____

City, ST ZIP _____

Email Address: _____

Birthdate ___/___/___ Age: _____

Day Phone: _____

Adult Shirt Size (circle one): S M L XL XXL

I knowingly enter the 2018 Spencer Family YMCA Thunderbridge 5K Walk/Run. I do so at my own risk and personally assume responsibility for any injuries or other damages I may incur as a direct or indirect result of my participation. I further agree that neither my heirs or assignees will hold liable any representative of the Spencer Family YMCA or its sponsors as a result of injuries or damages sustained from any participation of any of these events. I further, hereby, certify that I am physically fit to run the race for which I am entered on November 4, 2018.

I, the undersigned, do hereby consent and agree that the Spencer Family YMCA, it's employees, or agents have the right to take photographs to use in any and all media, now and hereafter known. Signature (parent if minor).

Signature

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REGISTRATION

REGISTRATION opens at 12:00p at the Y
RACE begins at 1:00p - all racers walk together to the Start.

