



DIXON FAMILY YMCA
**SHAM-ROCK 5K &
KIDS FUN RUN**

MARCH 14, 2020
5K BEGINS AT 9:30, FUN RUN 8:30 AM

The annual festive 5K run returns on Saturday, March 14, 2020, beginning at 9:30 AM. The race will start at the YMCA and finish at the Rotary Gazebo off of River St. All proceeds will benefit Youth Programs at the YMCA that engage children in healthier activities, like swim lessons, youth sports, and preschool. Sponsorships are available for those interested. Register online at www.dixonymca.org. Registration is also available at the Dixon Family YMCA Welcome Center.

Race Details:

- Registration will be \$25.00 per person before noon on March 7, 2019; \$30.00 until March 13; and \$35.00 on Race Day on March 14. The Kids Fun Run is Free
- Those registered by March 6, 2020, will be guaranteed a t-shirt, all others are on a first come first serve at packet pick-up.
- 3.1 miles, Road Course, Timed race
- Kids Fun Run will be down Boyd Street to Triangle Park and back to the YMCA along the river and end behind the Y
- Packet pick up will be Friday, March 13, 5-7 PM or race day from 7:30-8:30 AM @ the Y
- Please no pets, strollers welcome
- In case of a race cancellation, thank you for your donation!
- St. Patrick's Day Costumes encouraged, a prize awarded for most festive attire.

SEE OUR COURSE MAP ONLINE AT www.dixonymca.org

Sham-Rock Shuffle 5K & Kids Fun Run March 14, 2020 Dixon Family YMCA Registration Form

Participant's Name _____ D/O/B ___/___/___ Race Day Age ___ Gender ___
Address _____ City _____ Zip _____
Phone Number _____ Email _____
Emergency Contact _____ Emergency Phone _____

T-Shirt Size (Not guaranteed after 3/3/19 registration)
YS YM YL AS AM AL AXL AXXL

Race Entry

Sham-Rock 5K

\$25 (Before 3/6/2020)

\$30 (After 3/7 thru 3/13/2020)

Kids Fun Run

Annual Fund Donation (Optional) Donation: _____

Donations to our Annual Fund help ensure that all families can use our YMCA. The Dixon Family YMCA is a non-profit organization. Donations are formally acknowledged and tax deductible.

Waiver, Photo Policy and Signature

Assumption of Personal Responsibility– I hereby assume all risks and dangers and will hold the Dixon Family YMCA and their respective offices, agencies, and employees from all actions, causes of actions, suits, and any claims, demands and liabilities whatsoever, both in law and equity, in connection with participating activity. I have accepted responsibility for verifying that I have no physical or psychological problem that would prohibit my participation in this program. I agree to comply with all instructions and directions of the Dixon Family YMCA staff, including volunteer leaders, during my participation.

Permission to Provide Necessary Treatment or Emergency Care– In the event parent/guardian cannot be reached in an emergency and an individual age 17 or younger is in need of emergency care, I hereby give permission to the qualified personnel selected by the Dixon Family YMCA to request treatment; to release any records necessary for insurance purposes; and to provide or arrange necessary related transportation for me/my child. In the event I cannot be reached or cannot respond in an emergency situation, I hereby give permission to administer treatment, including hospitalization, for the person named below.

Photo Policy– I will allow my child to be photographed or videotaped by YMCA staff to be used by the YMCA and for possible publication. If you do not want your child photographed please mark here _____

Participant Signature _____
(Guardian if participant is under 18 years old)

Date _____

Bib # _____