



LIVESTRONG at the YMCA® 1K 5K 10K

8:00 a.m. Saturday, October 7, 2017

The YMCA of Central Texas strives to offer free programming to cancer survivors with the purpose of restoring spirit, mind and body. Your entry fee enables us to continue to support them emotionally and physically through LIVESTRONG at the YMCA as they work towards healing.

Location: Woodway Park (located at the end of Estates Drive near Lake Waco). From West Highway 84 take a right to go northwest Estates Drive, which dead-ends at the park. From Highway 6, take the Bosque Boulevard exit, and head south on Bosque Boulevard until you reach the intersection with Estates Drive. Continue through the stop sign to proceed on Estates Drive.

Entry Fees:	Early (by Aug. 21)	Regular (Aug. 22 – Sept 26)	Race Day
1K	\$15	\$15	\$15
5K	\$20	\$25	\$30
10K	\$25	\$30	\$35

Teams of 10 or more will receive a \$5 discount per registration. Team registration will end on Oct. 3. See back for details.

Make Checks Payable To: The YMCA of Central Texas

Mail Entry to: 6800 Harvey Drive
Waco, TX 76702

Race Day Schedule:

7:30 – 8:30 am	Registration and packet pickup
8:00 am	1K Starts
8:30 am	5K and 10K Starts

Awards: Overall male and female and 1st, 2nd and 3rd place male and female in each 5 year age group. Prizes will be awarded to team with most participants and team that is the most spirited.

Please indicate desired event: 1K 5K 10K If participating on a team, please list team name: _____

Name: _____ Date of Birth: __/__/____ Age on race date: _____

Address: _____ City: _____ State: _____ Zip: _____

Daytime Phone ____-____-____ Email: _____ Gender: M F

T-Shirt: YS YM YL S M L XL XXL (Desired size only guaranteed for early registration)

Waiver Must Be Read and Signed Before Mailing:

In consideration of the acceptance of this entry, I assume complete responsibility for any injury or illness which may directly or indirectly result from my participation in the Waco Striders LIVESTRONG at the YMCA 5K run and I hereby release and hold harmless the director, sponsors, promoters, officials, City of Woodway, YMCA of Central Texas and all persons and entities associated with the event from any and all injury or damages. I state that I run at my own risk.

Signature _____ Date _____ Parent's Signature if under 18 _____

Who does your TEAM run (or walk) for?

This year we have added the option of running or walking as a team. This can be a great way to increase support for the cause, but it can also be a great way to have more fun! Here are some frequently asked questions.

Why would I want to create a team?

By creating a team of 10 or more runners or walkers, you can save money. Each participant will save \$5 on their entry fee when signed up as a team. Additionally, awards will be given to the team with the most participants and the team that is the most spirited. So save some money and increase the fun factor!

Does every person on my team have to participate in the same event?

Each person on your team is free to register for the length (1K, 5K or 10K) that most appeals to them.

How do we sign up as a team?

There are two ways to sign up as a team. Team registration can be done at www.active.com. If done in person at the Waco Family YMCA, be sure that all the registration forms and money for team members are presented to welcome center staff at one time (each team mate will need to fill out a separate registration form.) Team registration will end on October 3. Participants will be able to join established teams after October 3, but no discount will be given.

Who do I contact if I have questions?

Contact Carla Browning at 254.776.6612 ext. 316 or carla.browning@ymcactx.org for more information.