



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# SPOOKY SPRINT

Saturday October 27th

- 8:00 am Late registration and check-in
- 8:30 am Free Kids Fun Run
- 9:00 am 5K run/walk



Preregistration Fee: \$10\*/\$20

Day of Fee: \$15\*/\$25 \*Youth





# SPOOKY SPRINT 5K

## Sanford-Springvale YMCA

### Saturday, October 27 2018



**8:00 am** Late Registration and Check-In  
**8:30am** Free Kids Fun Run  
**9:00am** 5k Run/Walk  
**Preregistration: \$10\*/\$20**  
**Day of Registration: \$15\*/\$25**  
 \* Youth rate for registrants ages 14 and under

Proceeds to benefit the YMCA's scholarship program, which provided over \$194,000 in financial assistance to children, adults, seniors and families last year.

Prizes awarded to 1st overall male and female, top two male and female winners in each age group Groups: 12 and under, 13-18, 19-29, 30-39, 40-49, 50-59, 60-69 and 70+.

## REGISTRATION FORM

NAME EMAIL AGE

MAILING ADDRESS CITY STATE ZIP

M  F T-shirt:  S  M  L  XL  
 CHECK ONE:  5K  Kids Fun Run

Free T-shirt for the first 50 5k entries (Adult sizes only)

I know that running/walking run is a potentially hazardous activity. I should not enter or participate unless I am medically able and properly trained. I agree to abide by any decision of an official relative to my ability to safely complete the event. I assume all risks associated with this event including but not limited to, falls, contact with other participants, the effects of weather, traffic, and the conditions of the course; all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Sanford-Springvale YMCA, City of Sanford and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

NAME DATE

Mail registration form to: Sanford-Springvale YMCA PO Box 249, Sanford, ME 04073