



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# SPOOKY SPRINT 5K

Saturday, October 28, 2023

## REGISTRATION FORM

8:00 am Day-of Registration and Check-In

8:30am Free Kids Fun Run

9:00am 5k Run/Walk

Preregistration: \$20\*/\$25

Day of Registration: \$25\*/\$30

\* Youth rate for registrants ages 12 and under



Proceeds to benefit the YMCA's scholarship program, which provided over \$227,000 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, 70-79 and 80+.

This is a drop-in, rain-or-shine, fun fundraiser. No refunds will be issued.

NAME EMAIL AGE

MAILING ADDRESS CITY STATE ZIP

M  F T-SHIRT:  S  M  L  XL

Free T-shirt  
for the first 50  
5k registered  
by October 13th  
(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 (Parent/Guardian signature if minor) DATE

REGISTER ONLINE [www.sanfordymca.org/programs](http://www.sanfordymca.org/programs), at the Y, or Mail registration form to:  
Sanford-Springvale YMCA PO Box 249, Sanford, ME 04073