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# IT'S A PLAY DATE

## Healthy Kids Fun Run

YMCA of Greater Kalamazoo



## ABOUT THE Y

As a leading nonprofit for strengthening community through youth development, healthy living and social responsibility, the Y helps families build healthier lifestyles and create stronger bonds through active play, fun activities and shared experiences.

At the Y, we believe that kids and families should have the opportunity to make healthy choices and have access to resources that help them achieve greater health and well-being for their spirit, mind and body. The Healthy Kids Fun Run brings parents and children together to have fun, be active and create lasting, healthy habits for the entire family.

The Y provides the education, activities and experiences that teach good health, bring families together and foster connections through fitness, sports, fun and shared interests.

**May 18 4:30P-7:30P**  
**Registration Deadline May 14, 2012**  
Online registration [www.kzooymca.org](http://www.kzooymca.org)

## ■ EVENT INFORMATION

**Friday, May 18 from 4:30p-7:30p**  
**At Portage West Middle School**  
**7145 Moorsbridge Road**

### Schedule of Events

- Check-in & late registration  
4:30p-5:30p
- Warm-up and stretch at 5:45p
- Tot Run 6:00p
- Ages 10-12 6:20p
- Ages 7-9 6:23p
- Ages 5-6 6:26p

Family activities, obstacle course, snacks, drinks.  
The event will be held rain or shine. Sorry, no  
refunds.

## ■ TOT RUN AGES 4 & UNDER

Preschool age and younger. Children will participate  
in a 200 yard run.

Tot Run begins at 6p and all runners receive a  
ribbon of completion.

## ■ 1 MILE RUN AGES 5-12

Ages 5-12 will participate in a 1 mile run.

Three heats broken down by age group:

- Ages 10-12 begin at 6:20p
- Ages 7-9 begin at 6:23p
- Ages 5-6 begin at 6:26p

All runners receive a ribbon of completion.  
Parents may run with their child(ren).

## ■ FUN RUN REGISTRATION

### **Deadline May 14, 2012**

Runners ages 5-12, registered by May 14,  
2012, will receive a t-shirt. Participants  
may register after the deadline (late  
registration) until 5:30pm day of event –  
May 18.\*

*\*Note: T-shirts and size options are not  
guaranteed if registration occurs after May 14.  
Late registration fee is \$10.*

Register online, by mail, or in-person at the  
Portage or Maple St. Branch.

www.kzooymca.org 269.324.9622

Make check or money order payable to  
YMCA.

### **Mail registration form and payment to:**

YMCA Healthy Kids Run  
2900 W. Centre Ave.  
Portage, MI 49024



## ■ QUESTIONS

Contact Don Seibert at 269.324.9622 x423, or  
email at [daseib@kzooymca.org](mailto:daseib@kzooymca.org).

## ■ REGISTRATION FORM

Name \_\_\_\_\_

Birth date \_\_\_\_\_ Age \_\_\_\_\_ Circle M F

### **Event circle:**

Tot Run w/o shirt \$2 Tot Run w/shirt \$6 Youth Small  
5-6 Run \$6 7-9 Run \$6 10-12 Run \$6

### **\*Registration day of event \$10**

### **Shirt Size (ages 5-12 only) circle**

Youth Sizes 6-8 10-12 14-16

Adult Sizes Small Medium Large

Address \_\_\_\_\_

City/Zip \_\_\_\_\_

Parent Name \_\_\_\_\_

Parent Phone \_\_\_\_\_

Email \_\_\_\_\_

\*A post-event survey will be emailed to you – feedback please!

### **Disclaimer/Release:**

In consideration of accepting my child's registration form, I have full knowledge of the risks involved and my child is physically fit to participate in this program. I hereby agree for me, my child, children, heirs, and administrators, to waive and release all rights and claims for damages my child may have against the YMCA Of Greater Kalamazoo, its program sponsors, officers, directors and members and their agents, representatives, successors and assignees for any and all injuries suffered by my child as a result of participation in this programs activities or runs. Further, I agree to indemnify and hold harmless the YMCA of Greater Kalamazoo and it's program sponsors, members, officers and directors from any liability or expense resulting from my child's participation in the activities associated with this event. I understand that photographs may be taken at the event to use in future Y publications, videos, and the like.

Parent/Guardian

Signature \_\_\_\_\_

Date \_\_\_\_\_