



Individual Registration Form

Friday, June 16th (Happy Hour Heat, 21+) and **Saturday, June 17th** (Saturday Scramble, ages 8+)

| Individual Registration Costs | |
|--|--|
| Happy Hour Heat (6/16, 7pm, 21+) <ul style="list-style-type: none"> February 10th to March 30th - \$35 April 1st to April 30 - \$40 May 1st to June 14th - \$45 | Saturday Scramble (6/17, 9am & 11:30am, all ages) <ul style="list-style-type: none"> February 10th to March 30th - \$30 April 1st to April 30th - \$35 May 1st to June 14th - \$40 <p>Participants age 8-16 are \$25 throughout registration</p> |

Checks can be made out to:

East Shore YMCA
 Attn: Tom Gifford
 701 North Front St
 Harrisburg, PA 17101

Must be received by Wednesday, June 14th

Please Select a Heat Time (there is a limit to 300 people per heat):

FRIDAY (Happy Hour Heat, 21+) – 7pm _____

SATURDAY (Saturday Scramble) – 9am _____ 11:30am _____

For more information visit www.YMCARun.com

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

T-Shirt Size: circle one - S M L XL XXL

Email: _____

Gender _____

D.O.B. (mm/dd/yy) _____

Please print neatly to ensure we have the correct spelling for your information

Waiver: In consideration of the acceptance of this entry, I waive all claims for myself, my heirs and assigns against the sponsors, cooperating and coordinating groups and any individuals associated with the event and will hold them harmless for any and all injuries which may result from my participation. I further state that I am in proper physical condition to participate in this race. I also hereby give my permission to the media to use my name and/or picture in any newspaper, broadcast, telecast or any other account of this event without limitation and without any obligation of anyone to compensate me further. I have read, understood and accept the waiver and release above. My submission of this form shall act as my legal signature. I certify that I am eighteen (18) years of age or older. If registering a child under eighteen (18) years of age, I certify that I am the parent or legal guardian of such child.

Signature: _____ Date: _____

Parent's Signature (If younger than 18): _____