



**Date:** August 28, 2010

**Time:** Registration 7:00 am  
Race begins at 8:00 am

**Location:** YWCA of High Point  
112 Gatewood Ave.  
High Point, NC 27262

**Distance:** 5K Certified Road Course

**Entry Fee:** \$25 preregistration  
\$30 day of

**Team Entry:** \$100 for 5 team members

**Packet Pick Up:**  
YWCA of High Point  
112 Gatewood Avenue  
9 am to 5 pm after  
August 26<sup>th</sup>

**Shirts:** Guaranteed to Pre-Registered and while supplies last

**Awards:** Special Awards to top 3 males/females in each category and overall award to top male/female runner

**Categories:** 19 & under  
20 - 29  
30 - 39  
40 - 49  
50 - 59  
60 - Over

**Team Award:** Overall Team Challenge

**Race Certification:** NC-05038-PH

## Entry Form

**Team Name:** \_\_\_\_\_  
(or friend of)

\_\_\_\_\_  
First Name MI Last Name

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City State Zip Code

\_\_\_\_\_  
Day Telephone Fax Number

\_\_\_\_\_  
Email Address

Gender: Male Female

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date of Birth Age on August 28, 2010

I will participate in the 5k Run \_\_\_\_\_  
5K Walk \_\_\_\_\_

\_\_\_\_\_  
Expected Finish Time

T-Shirt Size: SM M L XL XXL

I will run in honor / memory of:

\_\_\_\_\_  
For further information or to register go  
online to [www.ywcahp.com](http://www.ywcahp.com)  
or contact

Heidi Majors at 336 882-4126 or  
[hmajors@ywcahp.com](mailto:hmajors@ywcahp.com)

## RELEASE & WAIVER UNSIGNED RELEASES WILL BE REJECTED

In consideration of my participation in the YWCA Challenge For Change, I and my heirs, executors and administrators, hereby waive and release the YWCA of High Point and all event sponsors and their members, affiliates, officers, employees, volunteers and agents from any and all liability for my death, disability, personal injury, property damage, property theft, or actions or claims of any kind which may accrue to me as a result of my participation in this event. I assume all risks of participating in this event.

I acknowledge that I am aware of the inherent risks in participating in an athletic event of this type, including without limitation, road, terrain and traffic hazards; strenuous physical and health demands; actions of other people such as participants, volunteers, event monitors and spectators; and weather conditions.

I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. I hereby give my consent for the use of videotaping or photography of myself or child during this event. I understand that the entry fee is non-refundable and entrant numbers are non-transferable. The race director reserves the right to reject any entry or to issue invitations. I certify that I am at least 18 years of age and this is my legal signature or I am the guardian of the registrant and certify that the above is true on behalf the child, for whom I am responsible.

\_\_\_\_\_  
Signature (Guardian if under 18 years old)

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date

Mail Entries to:  
Heidi Majors  
YWCA of High Point  
112 Gatewood Avenue  
High Point, NC 27262