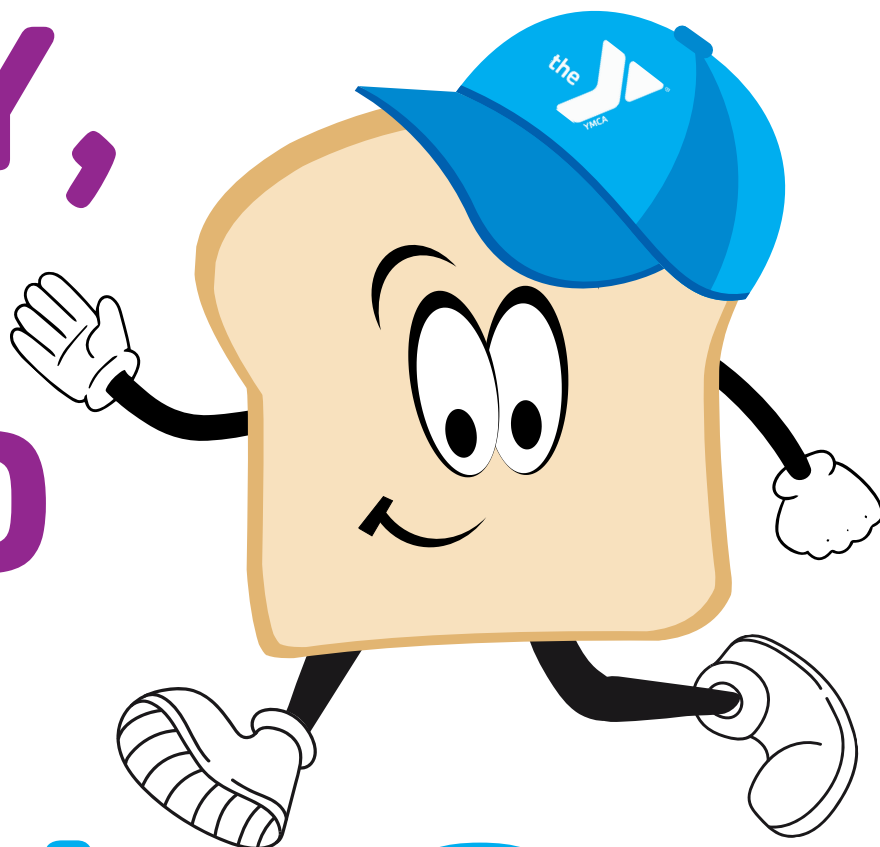


Everyone's invited to start their Sliced Bread celebration with a 5K Walk/Run hosted by the Grand River Area Family YMCA.

READY, SET, BREAD 5K



July 8

Silver Moon Plaza

7:00 am Check-In / 8:00 am Race Start

To sign up, call the YMCA at (660) 646-6677 or visit <https://bit.ly/ReadySetBread5K>. All participants registered by June 18 will receive a shirt and participation medal. Trophies will be awarded to the top two finishers in each of five age categories. Race day registration available for an additional \$5.

Registration Fee » \$15 Children (ages 3 -13)
\$30 Adults (ages 14+)



**Thank you to our sponsors:
Chillicothe Family Pharmacy & Max Curnow Chevrolet.**

Ready, Set, Bread 5K Registration Form

Receipt #: _____ Amt. Paid: _____

Date Paid: _____

Name (Circle one): Individual (Age 14+) Youth (Age 3-13)

Street Address

City

State

Zip

Home Phone

Cell Phone

Email Address

Age (as of 7/8/2023)

Gender (Circle One) Male Female

Emergency Contact

Phone

Shirt Size (Circle One): YS YM YL AS AM AL AXL A2XL

Waiver – Please read carefully before signing.

In consideration of the acceptance of my entry in the 5K Run/Walk, I release, waive and forever discharge the Grand River Area Family YMCA, Inc.; any and all sponsors of the 5K Run/Walk; the city, county, and state where the competition is held; and all officers, agents, officials, directors, physicians, volunteers and employees of all of the foregoing from any and all liabilities, claims, demands, actions, damages, costs, and expenses for death, personal injury, disability, economic loss, theft or property damage which I may sustain during or due to the 5K Run/Walk.

I acknowledge that participation in the 5K Run/Walk competition carries with it potential hazard, and that it is my individual responsibility to determine the safety of the course in light of my training and ability and determine the extent of my participation on the day of the event. I understand this is a strenuous competition with risk of accidents and I freely and voluntarily assume all the risks known or unknown, incident to my participation. I ALSO ASSUME ANY AND ALL OTHER RISKS associated with participating in this event including but not limited to falls, contact and/or crashes with other participants, effects of weather including heat and/or humidity, defective equipment, the condition of the roads and railroad crossings, traffic on the roadway, water hazards, and any hazard that may be posed by spectators or volunteers all such risks being known and appreciated by me, and I further acknowledge that these risks include risks that may be the negligence of the persons or entities mentioned above or other persons or entities. I consent to receive any medical treatments deemed necessary by emergency responders in the event of injury, accident, and/or illness during the 5K Run/Walk.

I acknowledge that I have sole responsibility for my personal possessions and athletic equipment during the 5K Run/Walk and related activities.

I permit the free use of my name and photographs, videotapes, motion pictures, recordings, or any other record of this event for publicity and/or promotional purposes.

I hereby acknowledge I have read, understand, and agree to the terms of the waiver.

Signature (Parent or Guardian if Under 18)

Date