the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

5K

KICK IT INTO HIGH GEAR

Mule Kick 5K and 1-Mile Family Trot

Riverwalk Park

Maury County Family YMCA

Saturday, March 31, 2012

Start Times:
8:00am 5K
9:00am Family Trot

Register at the Maury County Family YMCA or online at active.com.
Download an entry form at columbiacyclingclub.com/muleday5K

5K/Family Trot:
$15/$8 Early Bird Special though 1/31/2012
$20/$8 On site by March 30 or postmarked by March 25
$30/$12 Race Day

Packet pickup will be held on Friday, March 30th from 2:30 - 6:30pm at Riverside School or begining at 7:00am on race day morning.

Sponsored by Community First Bank & Trust, the Mule Kick 5K and 1-Mile Family Trot is a partnering event with the Maury County Family YMCA and the City of Columbia Parks & Recreation Department. The race is held at Riverwalk Park near Downtown Columbia.

Every participant receives a shirt. Awards are given to the top three finishers in each age category for male and female as well as Male and Female Overall and Male and Female Master Overall.

Proceeds benefit the YMCA's Annual Giving Campaign focusing on Youth Development and Healthy Living in Maury County and the Parks & Recreation playground programs.

This event is timed by the Nashville Striders.

First Name _____ Last Name _____

TShirt Size: __YS __YM __YL __AS __AM __AL __AXL __XXL

Age ___ Sex: ___

Mailing Address _____

City _____ State ___ Zip/Postal Code _____

Area Code ___ Phone ___-____ Email _____

Signature: _____ Date: _____
(Parent or Guardian if minor)

Official Use Only

WAIVER: In consideration of your acceptance of my entry into this race, I, for myself, my executors, administrators and assigns, do hereby release and discharge the YMCA of Middle Tennessee and all sponsoring businesses and organizations from all claims of damages, demands, actions and causes of actions whatsoever, in any manner arising or growing out of my participation in this event. I also hereby consent to permit emergency treatment in the event of injury or illness. I hereby authorize the Mule Day 5K organizers to reproduce any photographs, video or audio, taken during race activities for advertising and publicity purposes. I understand I am responsible for for a $30 replacement chip if I do not return my chip after the race.