



I RUN
FOR HEALTHY
KIDS!

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NORTH SUBURBAN YMCA
2705 Techny Rd.
Northbrook, IL 60062
nsymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORTH SUBURBAN YMCA

HEALTHY
KIDS DAY 5K
WALK/RUN

Saturday, April 21, 2018
Start time at 8:00am



EVENT INFO

Healthy Kids Day 5k

1st Annual Run/Walk to benefit The North Suburban YMCA

Race Location:

NSYMCA
2705 Techny Rd
Northbrook, IL 60062

Registration:

- **Online:** www.nsymca.org.
- **Mail:** Complete this form and mail to: **North Suburban YMCA, 2705 Techny Rd. Northbrook, IL 60062**
- **Race Day Morning:** 7:00am – 7:45am

Race Parking:

- NSYMCA Parking lot
- Neighboring streets

Awards:

- Top finishers: Prizes will be given to the overall male and female winners.
- Youth age groups 19 and under: Prizes will be given to the top 3 finishers in each age and gender category. Awards will be presented at the post-race awards ceremony.
- Adult age groups 20 and over: Prizes will be given to the top 3 finishers in each age and gender category. Awards may be picked up at the awards table following the event.
- See website for the list of age categories in each race.
- See website for post-race results

Packet Pick Up:

- Friday, April 20, 2018 at the North Suburban YMCA from 8 am – 8 pm.
- Race Day, at the registration tent between 7:00am – 7:45am.

Race Course:

Police and volunteer marshals will staff intersections and direct traffic, but the course will not be completely closed to traffic.

Race Shirts:

Every participant will receive a short sleeved technical T-shirt, both adult and youth sizes. Early registrants will receive their shirt selection in their race packet and are guaranteed the race shirt size they have selected. We will do our best to accommodate race day registrant shirt selections, but can't guarantee you will receive the size you want as they will be first come, first served.

Timing & Results:

CHIP TIMING! Course clocks will be located at mile 1 and at end of race. Race Results will be posted on race day at the finish line and online at www.nsymca.org.

Safety:

- For safety reasons, pets, roller blades, skateboards, and bicycles of any kind will not be allowed in either race.
- Strollers will be allowed, but must start behind the run.

All proceeds go back to the NSYMCA

HEALTHY KIDS DAY 5K REGISTRATION FORM

Last Name:			First Name:		
Address:					
City, State, Zip Code:				Phone:	
Date of Birth	Sex:	Age on 4/21/2018	Email:		

<input type="checkbox"/> NSYMCA MEMBER	<input type="checkbox"/> NON-MEMBER
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EVENT FEES	NSYMCA Member	NSYMCA Member	Non-Member	Non-Member
	Early Registration (Before April 1)	Registration (After April 1)	Early Registration (Before April 1)	Registration (After April 1)
Youth- 18 or Under	\$15	\$20	\$25	\$30
Adult- 19 or over	\$20	\$25	\$30	\$35
Family of Four (non-stroller rider)	\$50 (\$5 for each addtl member)	\$55 (\$5 for each addtl member)	\$60 (\$7.50 for each addtl member)	\$65 (\$7.50 for each addtl member)
Wheelchair Pusher (untimed)	\$5	\$5	\$5	\$5
Stroller Rider (untimed)	\$5	\$5	\$5	\$5

Race Shirt Selection (Tech Shirts)

Men	S	M	L	XL	XXL
Women	S	M	L	XL	XXL
Youth	YS (6-8)	YM (10-12)	L (14-16)	XL (18-20)	

Waiver: One form per participant, stroller rider, or wheelchair pusher required.

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, and all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the North Suburban YMCA, schools, school districts, school related parent & fundraising groups, event sponsors & vendors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature	Date
Emergency Contact	Emergency Phone

FOR OFFICIAL USE ONLY	
RACE NUMBER	

Notes:

- A 6% + 1.50 online transaction fee will be added to each participant registered online (except Stroller Rider or Wheelchair Pusher).
- Race will be held rain or shine.
- All fees are non-refundable and non-transferable.
- Stroller Rider (untimed): receives a t-shirt and a untimed bib.
- Stroller Pusher signs up as Youth or Adult and receives a timed bib.
- Wheelchair Pusher (untimed): receives a t-shirt and untimed bib.
- Wheelchair Rider (Assisted) signs up as Student or Adult, receives a timed bib and will be placed in Wheelchair Rider division of the 5K race.

Make check payable to:

"North Suburban YMCA"

Mail to:

North Suburban YMCA
2705 Techny Rd.
Northbrook, IL 60062