the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG KIDS
A YMCA Initiative

RUN/WALK FOR STRONG KIDS 2013

March 2, 2013
OZARK MOUNTAIN FAMILY YMCA

5k Prize – $100
for top male and female finishers

- Everybody registered by February 18, 2013 is guaranteed a t-shirt.
- Packet pick-up will be on March 1, 2013 from 6:30-8:00pm at the YMCA
- Race day registration is only available from 6:30-8:30am.
- Award Ceremonies are at the gymnasium at the YMCA

How to register:
1. Register online at orymca.org or www.actnowracing.com
2. Register at or mail completed form to:
   Ozark Mountain Family YMCA,
   175 Industrial Drive, Hollister Mo. 65672
3. Register at Hollister Elementary School,
   1794 State Hwy BB 65672

** Checks can to be made to **Ozark Mountain Family YMCA** or **Hollister School PTO**

Directions to the YMCA:
From Springfield: 65 South Past Branson, to Hollister exit. When exiting stay to the left go straight through two lights onto Industrial Drive. YMCA sits off to the left. We are about 5 to 8 minutes from Branson. From Arkansas: go north 65 exit to the right at the Hollister exit. Go through the light onto Industrial Drive.

For more information contact:
Monica Morris:
mmorris@ozarkmtnymca.org
417-337-YMCA(9622) or

Alessandra Camara:
99acamara@gmail.com
417-699-0315

5K	1 Mile Run
Pre-registered $20	Pre-Register $10
Race Day $30	Race Day $20
Start Time 9:00am	Start Time 8:30am
Age Groups:	Age Groups:
11 & under	8 & under
12-15	9 to 12
16-19	13 to 16
20-29	
30-39	
40-49	
50 and up	

5k age division awards.

This event is a joint effort with the Hollister Elementary PTO

OZARK MOUNTAIN FAMILY YMCA

STRONG KIDS RUN 2013

Registration and Info

5k

Pre-registered $20
Race Day $30
Starting Time 9:00am
Age Groups:

- 11 & under
- 12-15
- 16-19
- 20-29
- 30-39
- 40-49
- 50 and up

1 Mile Run

Pre-registered $10
Race Day $20
Starting time 8:30am
Age Groups:

- 8 & Under
- 9 to 12
- 13 to 16

Award ceremonies
In the gymnasium at the YMCA

Prizes

5k-$100 for top male and female finishers

Age division awards

Child care(Kidz Zone) $7.00 per child, will be available for ages 1-**4** years (limit 15 – first come first serve basis)

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For more information contact Monica Morris at mmorris@ozarkmtnymca.org or 417-337-YMCA(9622)

Or contact Alessandra Camara at 99acamara@gmail.com or 417-699-0315

Packet pick-up March 1st, 2013 from 6:30pm-8:00pm at front desk and race day from 6:30am-7:30am.

☐ **5k** ☐ **1 Mile Run**

Name _____ gender: ☐ M ☐ F

Age at time of event: _____ YMCA Membership? ☐ Yes ☐ No Membership # _____

Address _____ City_____ State _____ Zip_____

Cell Phone _____ - _____ - _____ Emergency Phone _____ - _____ - _____

E-mail ☐☐

Shirt size ADULT: ☐ small ☐ medium ☐ large ☐ X large ☐ XX large ☐ XXX large

YOUTH: ☐ small ☐ medium ☐ large ☐ X large

Parent/Guardian Name (if 17 or below) _____

I understand and am aware that my child will/may be participating in physical activities and that the potential for accidents does exist. In consideration for being allowed to participate in the YMCA's program, I agree to assume the risk of such exercise and further agree to defend and hold harmless the Ozarks Regional YMCA, its branches, and its staff conducting this YMCA program from any and all claims, suits, losses, or related causes of action for damages, including (but not limited to) such claims that may result from injury or death(accidental or otherwise) during, or arising in any way from the program. I also understand that the Ozarks Regional YMCA may use, for publicity and /or promotional purposes, my (or my child's) name or pictures participating in this program, without obligation or liability to me or my family.

Parent/guardian Signature _____ Date _____

Office Use Only
REC #_____ Date Pd._____ Rec'd. By_____ Amount _____