

The Lima Y/Kewpee Glow Run

5K Glow Run & 1K Kids Run

Friday, August 11th 8:15 PM—1K, Glow Run--8:45
Ottawa Metro Park—East of Lima, Ohio on SR 81

- COURSE:** The course will be run entirely on “lighted” pavement in the park.
- RACE INFO:** Lima YMCA Members \$10 & Nonmembers \$15 by August 9th
Shirts available for \$10 by July 30th
\$25 with shirt (if available) or \$15 without shirt on race day
Family Rate of \$25 plus \$10 for each shirt (Parents with children through school age)
Each family member needs a signed waiver, staple together with one payment
Race day registration and packet pick-up at the park beginning at 7:00 PM
Checks Payable to Lima Family YMCA
Pre-registration to: *Race Director, Lima Family YMCA, 345 S Elizabeth St, Lima, Ohio 45801*
- The 1K is a free community event for youth 12 & under; waiver must be signed.**
Shirts may be purchased by participating youth for \$10 by July 30th
- SPONSORS:** **This is part of the Kewpee Racing Series and sponsored by the Lima Y & Kewpee Hamburgers**
- AWARDS:** 1K Runners will receive a participation ribbon. Prizes will be drawn at 9:45 PM to wrap up the evening.
- NOTICE:** Shirts will be bright colored neon green or pink. We will have hot dogs, chips, fruit, water, and Gatorade as refreshments after the run. If you want to run a family centered event at night in a great park, this event is for you.
- OTHER:** No refunds in case of inclement weather, shirts will be available for pickup.
Contacts: Daniel Grime 419-233-5487(text) or by email—limaymcaracing@hotmail.com

Please Print Clearly **I am entering the Glow Run** _____ **1K Kids Run** _____ **Lima YMCA Member** **Yes** **No**

Name: _____ Date of Birth: _____

Address: _____ City _____ State _____

Email: _____ Zip _____

Emergency Contact _____ Emergency Contact Phone (_____) _____

Shirt Size (circle one): YS YM YL AS M L XL XXL No Shirt

Circle Color Neon Pink or Neon Green **Total Enclosed:** _____

Waiver – Must be read and signed for entry to be accepted

I hereby for myself and my executors release the YMCA, race staff, ACERT, JAMP, Kewpee Inc, and all other sponsors/contributors of the race from all claims of injury, damage, and courses of action whatsoever growing out of my participation in the event. I hereby certify that I am physically fit to participate in the race and that I am aware of the possible hazards of running in this event not limited to but including contact with other runners, cold weather, high heat and humidity, falls, and sprains.

Signature: _____ Date: _____

Parent/Guardian Signature if Under 18: _____

Staff Use Only: YMCA Member Number _____

