



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAKE THE FIRST STEP

ANYONE CAN RUN 5K TRAINING Maple Leaf 5K JOPLIN FAMILY YMCA



Take the first step to becoming a runner with the Anyone Can Run 5K Training Class! From walking to running 30 minutes nonstop to running a 5K (3.1 miles), this class equips you to take your workout to the next level while also teaching you skills like how to prepare for a race and how to avoid running-related injuries.

This class surrounds each runner with a supportive, encouraging community that will push you to reach your running goals. It provides the structure of a weekly group run with a common goal of running the Maple Leaf 5K in Carthage, MO on Friday, October 20th. The 5k will be a twilight race hosted by the Fair Acres Y and your race entry includes an after hours party and concert! New this year, we are offering this course in both Joplin AND Carthage, the choice is yours. It's available at the member rate for both Joplin Family Y members and Fair Acres members.



What You've Just Got to Know

To register, just fill out the form on the back and return it along with the registration fee to the Joplin Family Y.

- **Dates:** August 22—October 20
- **Days and Times:** Tuesdays at 6:00pm at the JFY
Thursdays at 6:00pm at Fair Acres Y
- **Cost:** \$35 for Joplin Family Y or Fair Acres Y members;
\$50 for nonmembers

For more information, please call 417 781 YMCA.



TAKE THE FIRST STEP

Anyone Can Run Registration JOPLIN FAMILY YMCA

COST: \$35 FOR MEMBERS AND \$50 FOR NONMEMBERS.

Name _____ Birth Date _____ Gender M F

Address _____ City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email Address _____

Unisex Cut Shirt: Extra Small Small Medium Large XL 2XL 3XL

Ladies' Cut Shirt: Extra Small Small Medium Large XL 2XL 3XL

In consideration of your acceptance of this entry, I hereby waive, release and forever discard all claims, rights and causes of action of any kind or nature for myself, my heirs, executors and administrators, against sponsors and organizers of the Joplin Family YMCA running classes, their agents, servants, officers, employees, directors, representatives and assigns for injury or illness which may directly or indirectly result from my participation in the Joplin Family YMCA running classes, and I further agree to save and hold said parties harmless and agree to indemnify each of said persons against all liability for any loss, cost, injury or damage to persons or property which may arise by virtue of the undersigned engaging in the Joplin Family YMCA running classes. I further state that I am in proper physical condition to participate in this event. I recognize the sponsors have not undertaken to provide undersigned with any medical care, treatment or advice concerning my participation. I give the Joplin Family YMCA permission to use any pictures taken of me while participating in the Anyone Can Run class for the purposes of their own advertising.

Signature _____ Date _____

Return completed and signed form, along with registration fee, to the Joplin Family YMCA : 3404 W. McIntosh Circle Drive, Joplin, MO 64804.

Date _____ Receipt# _____ Amt. Paid _____

Session Code: 17OCT Program Code: 02FTACR

