



St. Patty's Marsh Madness Green Leg's and Hamstring's 5k

Saturday, March 14, 2015

Registration begins at 8:00am. Race begins at 9:00am

The YMCA of Reading & Berks County will be holding a 5k trail run and one-mile fun run at Blue Marsh Lake to kick-off our Polar Bear Plunge.

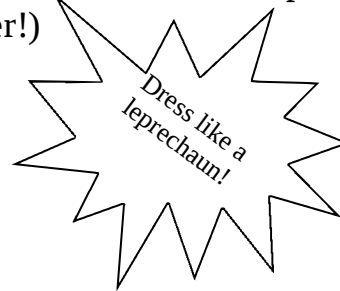
Pre-Registration: Optional online registration available at www.pretzelcitysports.com (nominal service fee applies, closes at midnight the Wednesday before race day.) Or mail registration form and payment to Tri Valley YMCA Attn: Megan Dougherty, 607 Crisscross Rd, Fleetwood, PA 19522.

Where: Blue Marsh Lake, Beach Area. Start and finish line at the Dry Brook's Day Use Area. Located off of Palisades Drive. GPS location for Blue Marsh Lake is 1268 Palisades Dr., Leesport, PA 19533-9750.

Entry Fee: 5k: \$25/individual if registered by 3/13/15. Event day registration \$30. One-Mile fun run: \$10/individual if registered by 3/13/15. Event day registration \$15. Day-of registrations not guaranteed a t-shirt. Each runner will receive a t-shirt and leprechaun props to wear proudly during the run! (And polar bear plunge after!)

Race Day Registration: 8-8:45am

Race Start: 9:00am



Awards: Overall Male and Female, 14-under, 15-21, 22-30, 31-40, 41-50, 51-60, 61+, (male and female awards for each age group)

Award Ceremony: The award ceremony will follow the conclusion of the race at approximately 10am.

Special Costume Prizes: Prizes will be awarded to the racers with the best costumes and teams with the best costumes.



YMCA OF READING AND BERKS COUNTY

ST. PATTY'S MARSH MADNESS 5k

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY, AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")

Waiver and Release: In consideration of participating in the YMCA of Reading and Berks County - St. Patty's Marsh Madness Plunge for Kids and 5k, I represent that I understand the nature of the event. I represent that I am, and my minor children participating are, qualified to participate, in good health and in proper physical condition to participate in the event. I understand that this event is a trail run which involves running on uneven surfaces and through the woods.

I acknowledge that I have been advised by the YMCA of Reading and Berks County to consult a physician prior to participation. I acknowledge that if I believe the event conditions are unsafe for me or my minor children, I will immediately discontinue participation in the event. I fully understand the event involves risk of serious bodily injury, including permanent, disability and death, which may be caused by: my own actions or inactions, the actions or inactions of others; the conditions in which the event takes place, and/or the negligence of the Releasees named below.

I also understand that there may be other risks not known to me or not readily foreseeable at this time. I give my permission for photographs taken at the event in which my image or the image of any of my minor children appears, to be used for promotional and/or advertising purposes by the YMCA of Reading and Berks County, without compensation to me or my minor children. I agree to release the YMCA of Reading and Berks County from all claims and liability related to the use of my name, likeness, photograph or statement.

I fully accept and assume all risk and responsibilities for losses, costs and damages that I incur in connection with my participation or the participation of my minor children, in the event. I hereby release for all liability, discharge and covenant not to sue: The YMCA of Reading and Berks County, its administrators, directors, agents, volunteers, and employees, other participants, sponsors, advertisers, and the owners and lessors of the premises on which the event takes place (all and each of the foregoing are "Releasees"). I understand that I am releasing all claims, demands, losses or damages of any kind, whether sustained by me or my minor children, whether caused in whole or in part by the negligence of Releasees or otherwise, including negligent rescue operations. I further agree that if, despite this release, waiver of liability and assumption of risk, anyone makes a claim against the Releasees on behalf of me or my minor children, I will indemnify, save and hold harmless each of the Releasees from any loss, liability, damage or cost which may result from such claim. I have had an opportunity to review this Release and I have had a copy of the Release provided to me.

Printed name of participant

Signature of Participant (only if age 18 or over)

Date: _____

Signature of Parent/Legal Guardian
(if participant is under age 18)

Witness: _____
(Printed name) Signature

Address City State Zip

DOB: _____ Age: _____ Sex: _____ Phone #: _____ Email: _____

Adult t-shirt size: S M L XL XXL Race: 5K One-mile Fun Run Team Name: _____

Questions: Call Megan Dougherty at 610-944-6515 or email at MDougherty@ymca-berkscounty.org

Visit our website at: www.plungeforYkids.org