

Date:	Saturday, May 12
	Dain or Shinol

Time: Check in: 10:00 a.m.

Pre-race activities: 10:30 a.m.

Race start: 11:00 a.m.

Location: Hamilton Area YMCA Sawmill Branch

185 Sawmill Road, Hamilton, NJ 08620

Registration: Now through Wednesday, May 9

\$10.00 per person (ages 3 and under free). Team registrations are accepted.

Registration will not be accepted the day of the event.



I/We the undersigned, realize that there may be medical risks associated with physical exercise, the use of the Hamilton YMCA JKR Branch, and the Sawmill Branch, or use of equipment within these facilities. I/We also recognize that the Hamilton Area YMCA cannot evaluate my/our physical abilities and/or medical limitations as they may pertain to my participation in programs, the use of the facilities or equipment within the facilities. Therefore, I/We assume all responsibility for undergoing a thorough medical evaluation by licensed medical professional, including, but not limited to, the assessment of pertinent potential limitations on exercise, participation in Hamilton Area YMCA programs, and the use of branches and equipment related, either within the JKR Branch property or at the Sawmill Branch property. Furthermore, in consideration of my/our participation in the activities of the Hamilton Area YMCA, I/we do hereby agree to hold free from any and all liability the Hamilton Area YMCA, its respective officers, employees, and members, for any injury sustained by me/us due to any action or inaction including, but not limited to negligence, on the part of any and all of the aforementioned parties. I/We do hereby for myself/ourselves, heirs, executors, and administrators, waive release and forever discharge any and all rights and claims for damages which I/We may have or which may hereafter accrue to me arising out of or connected with my/our participation in any of the activities of the Hamilton Area YMCA, use of equipment in either or both of its facilities and/or use of the facilities or properties. The Hamilton Area YMCA/Sawmill Branch reserves the right to photograph or film any member and use said pictures or film for any form of advertising or promotion as deemed appropriate. All partners of the Hamilton Area YMCA/Sawmill Branch reserve the right to photograph or film any member and use said pictures or film for any form of advertising or promotion as deemed appropriate.

Participant Signature: _	
	rure (if under the age of 18).