

NAME: _____

D.O.B ____/____/____ AGE: _____ PHONE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

SEX: MALE FEMALE

High School Cup Challenge: _____

SHIRT SIZE (please circle one):

CHILDREN:

SMALL (6-8) MEDIUM (10-12) LARGE (14-16)

ADULT :
SMALL MEDIUM LARGE X-LARGE XX-LARGE

RACE (please circle one):

5K Walk 5K RUN 1 MILE FUN RUN/WALK 1/2 MILE WALK

In consideration of acceptance of my participation at the Carbondale YMCA Fred Ciotti Memorial Run/Walk, I, the undersigned, intend to legally bound, hereby, waive and release for myself, my heirs, executors and administrators any and all rights and claims for damages, demands and actions whatsoever, including negligence which I may have against the Carbondale YMCA, all sponsors, all participating volunteers and supporters and those entities, representatives, successors and assigns, arising out of my participating at their event, including any and all injuries suffered by me as a result of the event. I certify that I am physically fit and have sufficiently trained for this event.

SIGNATURE: _____
(parents if under 18)

DATE: _____

Posted at
NEPARunner.com 3/14/17

ALL THREE RACES WILL START AT 9:30AM

Greater Carbondale YMCA
82 N. Main St.
Carbondale, PA 18407
www.greatercarbondaleymca.org

GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED. 



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



23rd ANNUAL
FRED CIOTTI MEMORIAL RACE
Saturday, April 22, 2017

REGISTRATION: \$10 fee Fun Run/Walk and 1/2 Mile Walk

Registration will be held from

7:30 - 9:00am

\$25 fee 5K Run and 5K Walk

\$75 fee for families of 3 or more participants

SHIRTS TO FIRST 400 PARTICIPANTS



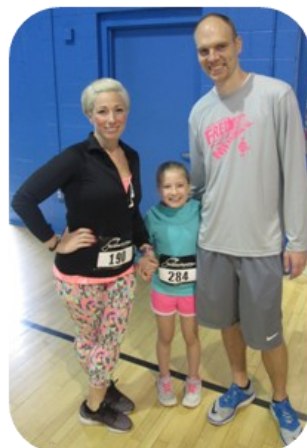
2016 Run Club Members

AGE GROUP AWARDS

MALE & FEMALE

Under 10	10-14
15-18	19-29
30-39	40-49
50-59	60+

***Pre-Registration bags can be picked up Friday, April 21st from 6-8pm.**



High School Cup Challenge
Come win the High School Cup for your school and earn bragging rights for the entire year.
For more information contact the Y at 282-2210

Race Date:
Saturday, April 22, 2017

5K Run/Walk

1 Mile Fun Run/Walk

1/2 Mile Walk

All Races start at 9:30am



Healthy Kids Day

Healthy Kids Day will be held on Saturday, April 22, 2017 immediately following the race. Healthy Kids Day is a national event that promotes healthy habits for the youth of America. At the Greater Carbondale YMCA we will be adding in inflatable's, live entertainment, health professionals, carnival games, moonwalks, open swim and much more! The event will start at 11:00am. More importantly, come have fun for FREE with your friends.



PASTA DINNER

Calling all race participants!!!
Join us the night before the race, Friday, April 21st for a Pasta Dinner here at the Y!
\$8 donation
6-8pm

All proceeds benefit our Autism Support
Gear yourself up before the races in the AM!