Freeland YMCA Run for the Children
November 14, 2020

The Freeland YMCA will be hosting its 15th annual 5K run/walk on Saturday, November 14th through the Streets of Freeland. It is a moderate course with some hills. The race will start and end at the Freeland YMCA (600 Front Street, Freeland, PA). The 5K run/walk will start at **10 a.m**. The proceeds from this event will benefit youth activities held at the Freeland YMCA. The cost for **pre-registration is $22.00 before November 6th** . Make checks payable to the Freeland YMCA, c/o Run for the Children, PO Box 6, Freeland, PA 18224. **Registration the day of the event is $25.00.**

Awards will be given to the overall top male and female. Also, the top 3 males and top 3 females in each of the following age groups will receive medals: 12& under, 13-19, 20-29, 30-39, 40-49, 50-59, 60+. Finally, the top three walkers (male or female) will receive medals.

In addition to the 5K run/walk, there will be a KIDS FUN RUN through the Freeland Public Park for children 12 and under. The Kids Fun Run will start promptly at 9:00 a.m. just before the 5K run/walk. The entry fee is $5.00 per runner. All participants for the Kids Fun Run will be entered into a random drawing for a grand prize gift card, plus all runners will receive a medal.

Posted at NEPARunner.com.

Tricky trays and much more will be available.

----------Detach Here----------

Race you are participating in: (circle one) 5K run 5K Walk Kids Fun Run

Gender (circle one) M F Age on November 14, 2020:_____

_____ _____

Last Name First Name

Address: _____

Email Address: _____

Phone Number: _____

Run/Walk Participants only: T-Shirt Size (Circle One) S M L XL

I know that walking/running a road race is potentially hazardous activity. I know that I should not walk/run in this race if I am not medically capable to complete it. I assume all risks associated with this race including, but not limited to: falls, contact with other competitors, and/or the effects of weather. Having read and signed this aggrement, I accept all risks previously mentioned. (If you are under 18, you must have a parent/guardian's signature)

Participant's Signature:_____

Parent/Guardian Signature (if under 18 years of age) _____