



## **FIRECRACKER 5K**

**Tuesday, July 4<sup>th</sup> @  
8:15 a.m.**

**Pre-registration: \$25**

Packet pickup on Monday the 3<sup>rd</sup> at the YMCA or on Tuesday the 4<sup>th</sup> in the Mess Hall.

**Day of registration: \$30**

Starting at 7 a.m. in the Mess Hall.

**Everyone gets a medal!**

Register online at [my.org/firecracker](http://my.org/firecracker) (\$25 + processing fee) or below using this form.

### **CONTACT INFORMATION**

First Name:	Last Name:	Age:	Birth Date: / /	Gender:
Address:		City:	State:	Zip:
Home Phone: ( )		Cell Phone: ( )		
Email:		Unisex Shirt Size (Circle): S M L XL XXL		

### **EMERGENCY CONTACT INFORMATION**

First Name:	Last Name:
Home Phone: ( )	Cell Phone:
Please note any medical conditions:	

### **KIDS FUN RUN**

All kids under 12 are invited to join in on the free Kids Fun Run at 7:40. The race starts in front of the Mess Hall, goes around the baseball field and ends behind the Mess Hall. No registration required. Everyone gets a ribbon!

### **5K RACE DIVISIONS**

Male and Female: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

### **RACE AWARDS AND RESULTS**

Medals will be presented to the top two runners in each division. Trophies and gift cards presented to the top 2 Overall Male and Female Runners. Gift cards awarded to the runners with the most Festive Patriotic Attire, so get out your red, white and blue! Results will be posted at [www.finishspot.com](http://www.finishspot.com).

### **DIRECTIONS AND COURSE**

**DIRECTIONS:** Take I-471 to Exit #2 Ft. Thomas/Southgate. Proceed south on U.S. 27 to S. Ft. Thomas Ave. Turn left on S. Ft. Thomas Ave. Proceed approximately one mile to Tower Park which will be on your right. Parking is available on the south side of the VA Hospital but restricted in Tower Park.

**COURSE:** Race begins in front of Tower Park, proceeds north on Ft. Thomas Ave. to the turnaround point at Highlands High School and returns to Tower Park, looping around the baseball field and ending behind the Mess Hall. Splits will be called at mile 1 and 2.

For more details contact Nick Heiss at 859.781.1814 or [nheiss@my.org](mailto:nheiss@my.org).

### **RACE WAIVER AND PUBLICITY RELEASE**

In consideration for being permitted to utilize the facilities, services, and programs of the YMCA for any purpose, including but not limited to observation or use of facilities or equipment, or participation in any program affiliated with the YMCA, without respect to location, the undersigned, for himself or herself and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement that such premises and all facilities and equipment thereon and such affiliated programs have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use, or participation.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE, INCLUDING BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY PROGRAM AFFILIATED WITH THE YMCA, WITHOUT RESPECT TO LOCATION, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

1. THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefor on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in, upon, or about the premises or any facilities or equipment therein, or participating in any program affiliated with the YMCA, without respect to location.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releases or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE due to negligence of releases or otherwise while in, about, or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.
4. I give my permission to the YMCA of Greater Cincinnati to use photographs, film footage, audio, or video tape recordings, which may include my image or voice for purposes of promoting and interpreting YMCA programs and services to the general public.

THE UNDERSIGNED further expressly agrees that the forgoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.

Signature (Parent signature required if under 18):

Date Signed:

