



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

5K  
Run

3K  
Walk

Kid's  
Fun Run

# ENCOURAGING HEALTHY LIVING

CAPITAL DISTRICT YMCA  
Healthy Community Series

**Brenda Deer Memorial 5K**  
**Saturday, September 20, 2014**  
**9:00AM**  
**Kid's Fun Run - 8:30AM**  
**Guilderland YMCA**  
**Member Appreciation Picnic**  
**immediately after awards**

Bring your whole family to this exciting celebration of healthy living in our community. Join us for our 5K Run, 3K Walk, Kid's Fun Run, bouncey bounce, and more.

Learn more at [CDYMCA.org](http://CDYMCA.org).

\$20 5K Run (\$25 Day of Race)  
\$10 3K Walk  
FREE Kid's Fun Run (8:30AM) and Activities

Register at any Capital District YMCA location or online at [www.CDYMCA.org](http://www.CDYMCA.org).



IN PARTNERSHIP WITH



MEDIA PARTNER





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# HEALTHY COMMUNITY SERIES RACE REGISTRATION



First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Date of Birth \_\_\_/\_\_\_/\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Gender M / F Are you a YMCA member? Yes / No If YES, what branch? \_\_\_\_\_

I hereby release the Capital District YMCA and all municipal agencies whose property and /or personnel are used and other sponsoring or co-sponsoring individuals from responsibility for any injuries or damages I, or my child, may suffer as a result of my/his/her participation in the 2014 Capital District YMCA Healthy Community Series. In addition, I permit the use of my/his/her photo in brochures or other promotional materials without compensation. I have read the entry form and certify compliance by signing below.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_  
(if under 18)

## RACE EVENT & PAYMENT INFORMATION

DATE	LOCATION	TIME	5K (\$20)	3K (\$10)	COST
Sept. 20	Guilderland Y Brenda Deer 5K	9:00AM	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Kid's Fun Run	8:30am	<input type="checkbox"/>	FREE	

See a full list of all Healthy Community Series Events, including Triathlons at [www.CDYMCA.org](http://www.CDYMCA.org).

**PAYMENT BY CREDIT CARD**

Name on Account \_\_\_\_\_

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Visa    MasterCard    Discover    AmEx

\_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Expiration Date \_\_\_\_ / \_\_\_\_

Make checks payable to:  
**GUILDERLAND YMCA**  
250 Winding Brook Drive  
Guilderland, NY 12084  
or return your form and payment to any  
Capital District YMCA branch.

**SAVE TIME! • REGISTER ONLINE AT CDYMCA.ORG**