



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Berkshire Family YMCA's: Easy Way to a 5K & 10K

Structured running program to help you cross the finish line in less than 10 weeks! While the program focuses on beginners, all levels of running and walking welcome. Along the way you will be provided with motivation to keep you moving. YMCA staff will offer you guidance and advice, weekly group training runs and walks that start at the YMCA. Educational handouts on topics such as proper nutrition, choosing the right running gear, and avoiding injury.

The BONUS - you'll be training alongside others just like you, turning a fitness buddy into a friend.

Participant Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

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

YMCA Member: Y or N DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Gender:  Male  Female  Other: How would you like to be identified? \_\_\_\_\_

Emergency Contact:  Home Phone  Cell Phone  Email  Text

Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Text: \_\_\_\_\_

### Program Selection:

Easy Way to 5k (8-weeks):  \$50 Member  \$80 Non-Member

Easy Way to 5k & 10k (19-weeks):  \$100 Member  \$150 Non-Member

Branch:  Pittsfield Branch  Northern Berkshire Branch

### AGREEMENT

1. In consideration of this entry being accepted, I do hereby forever waive and release the YMCA, its officials, employees, volunteers, sponsoring organizations and companies, the agents, representatives, assigns and successors from any and all claims, demands, and liabilities to myself or my child(ren) resulting or arising from my/our participation in any program/event offered by the YMCA. I understand that there is no rain date, all roads are open to traffic, and entry fees are non-refundable. I hereby certify that I am physically fit and capable of participating in this event.

2. I also give permission for the Berkshire Family YMCA to release my or my child(ren)'s photos.

3. I support the YMCA program philosophy, which is based on participation, fun, physical fitness and health, skill development, teamwork, fair play, family involvement and volunteer leadership.

Participant signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent/Guardian Name and signature if participant is younger than 18 years)

BERKSHIRE FAMILY YMCA: [www.bfymca.org](http://www.bfymca.org)

Pittsfield Branch: 292 North Street, Pittsfield, MA 01201 P: 413-499-7650 F: 888-965-0663

Northern Berkshire: 22 Brickyard Court, North Adams, MA 01247 P: 413-663-6529 F: 888-965-0663