



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BE MORE DO MORE

## **STRONG KIDS RUN**

Benefit Run for STRONG KIDS Financial Assistance Program  
on November 20TH Pre-register by November 13!

**OZARK MOUNTAIN FAMILY YMCA**



**STRONG  
KIDS**  
A YMCA Initiative



**OZARK MOUNTAIN FAMILY YMCA  
STRONG KIDS RUN 2010  
Registration and Info**

**Half Marathon**

Pre-registered \$20

Race Day \$30

Starting Time

8:30am

Age Groups:

- 16-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60 and up

**5k**

Pre-registered \$15

Race Day \$25

Starting Time 8:30am

Age Groups:

- 11 & under
- 12-15
- 16-19
- 20-29
- 30-39
- 40-49
- 50-59

**1 Mile Run**

Pre-registered \$10

Race Day \$20

Starting time 8:00am

Age Groups:

- 8 & Under
- 9 to 12
- 13 to 16

All participants  
Receive a medal.

**Fun Zone**

Available for ages 4 & up

\$5.00 per child

8:00am-12:00pm

- Jump house
- Foam Pit
- Trampoline
- Basketball Court
- Snacks

**Award ceremonies**

are at the following times:

1 mile - 9:00am

5K - 9:30am

Half Marathon - 11:15am

**First 200** to register before November 5th will receive a t-shirt on race morning. Packet pick-up will be from 6:30-7:30am

Race day registration is only available from 6:30-7:30am

Child care(Kidz Zone) \$5.00 per child, will be available for ages 1-3 years (limit 15 – first come first serve basis)

**Directions**

From Springfield: 65 South Past Branson, to Hollister exit. When exiting stay to the left go straight through two lights onto Industrial Drive. YMCA sits off to the left . We are about 5 to 8 minutes from Branson. From Arkansas: go north 65 exit to the right at the Hollister exit. Go through the light onto Industrial Dr.

**For more information contact Monica Morris @ mmorris@ozarkmtnymca.org or 417-337-YMCA(9622)**

**How to register!**

1. Register online at [orymca.org](http://orymca.org) or [ridgerunnersports.com](http://ridgerunnersports.com)
  2. Register at or mail completed form to Ozark Mountain Family YMCA 175 Industrial Drive Hollister Mo. 65672
- All checks need to be made to Ozark Mountain Family YMCA

Half Marathon    5k    1 Mile Run    Fun Zone

Name \_\_\_\_\_ gender:  M  F

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ YMCA Membership?  Yes  No Membership # \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Work Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Cell Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ E-mail \_\_\_\_\_

Shirt size ADULT:  small  medium  large  X large  XX large  XXX large

YOUTH:  small  medium  large  X large

Parent/Guardian Name (if 17 or below) \_\_\_\_\_

I understand and am aware that my child will/may be participating in physical activities and that the potential for accidents does exist. In consideration for being allowed to participate in the YMCA's program, I agree to assume the risk of such exercise and further agree to defend and hold harmless the Ozarks Regional YMCA, its branches, and its staff conducting this YMCA program from any and all claims, suits, losses, or related causes of action for damages, including (but not limited to) such claims that may result from injury or death(accidental or otherwise) during, or arising in any way from the program. I also understand that the Ozarks Regional YMCA may use, for publicity and /or promotional purposes, my (or my child's) name or pictures participating in this program, without obligation or liability to me or my family.

Parent/guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**Office Use Only**

REC # \_\_\_\_\_ Date Pd. \_\_\_\_\_ Rec'd. By \_\_\_\_\_ Amount \_\_\_\_\_