

# 2019 CEDAR PARK 5 MILER/5K & KIDS 1K REGISTRATION FORM



## SUNDAY, NOVEMBER 10

### 24th Annual Cedar Park 5 Miler/5K & Kids 1K

Presented by Cedar Park Chiropractic / Jeff Swanson



Male  Female      Birthday: \_\_\_\_\_ Age on Day of Race: \_\_\_\_\_

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

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

Email: \_\_\_\_\_ Best Contact Number: \_\_\_\_\_

### BOTH RUNS ARE CHIP TIMED

**5 Miler**

Early Birds - \$25

After 10/31/19 - \$30

Race Day - \$35

Wheelchair Division

**5K**

Early Birds - \$25

After 10/31/19 - \$30

Race Day - \$35

Wheelchair Division

**Kids 1K**

Early Birds - \$15

After 10/31/19 - \$15

Race Day - \$15

**Kids 1K & 5 Miler or 5K**  
(only for kids 12 & under doing both 1K & 5 miler or 5K)

Early Birds - \$25

After 10/27/18 - \$30

Race Day - \$35

5Miler or  5K

**Do you have your own chip?**

\_\_\_\_\_

**Packet Pick-up**

**DR. JEFF SWANSON**  
**CEDAR PARK CHIROPRACTIC & ACUPUNCTURE**  
345 Cypress Creek Rd Ste 103  
Cedar Park, TX 78613  
512-335-0641  
www.cedarparkchiro.com

**Friday, Nov. 8      Saturday, Nov. 9**  
**4:30 - 6:30pm      1:00 - 3:00pm**

\*Race day packet pickup available at race site

**» SIGN UP ONLINE «**  
**www.runsignup.com**  
**MORE INFORMATION**  
**www.ymcagwc.org**

### Adult shirts will be long sleeve / Youth shirts will be short sleeve (Check one)

**Youth Sizes:**  Sm  Med  L      **Adult Sizes:**  Sm  Med  Lg  XL  XXL  XXXL

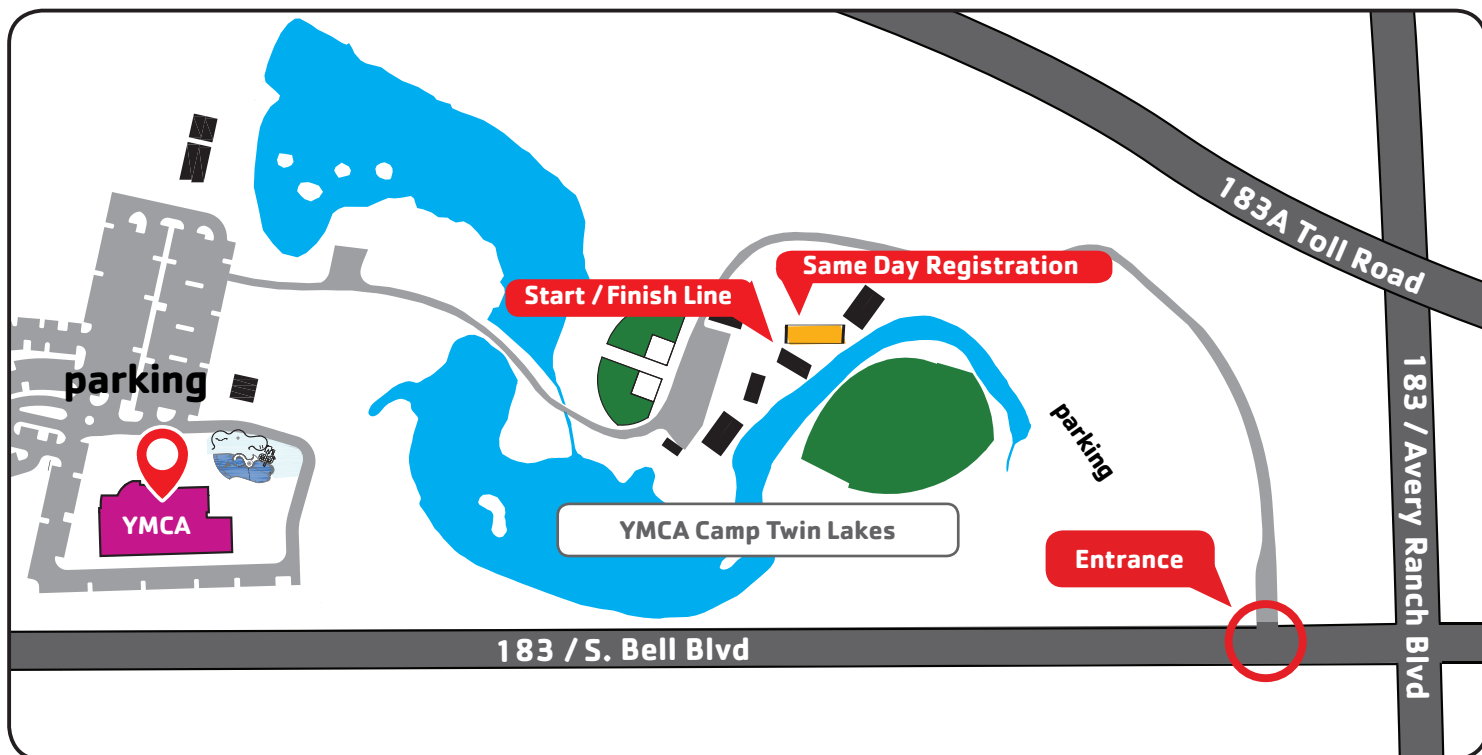
**WAIVER:** I understand that YMCA activities have inherent risks and I hereby assume all risks and hazards incident to my participation in all YMCA activities including transportation to and from said activities. I further waive, release, absolve, indemnify, and agree to hold harmless the YMCA, the organizers, volunteers, supervisors, officers, directors, participants, coaches, referees as well as persons or parents transporting participants to or from such activities from any claims or injury sustained during my use of YMCA facilities or participation in any YMCA activity whether or not located on YMCA property.

**PHOTO RELEASE:** I give my consent for pictures taken of my child involved in YMCA programs to be used for future YMCA promotions or display.

**Entry invalid if waiver not signed. No refunds. This is a rain or shine event!**

Entrant's Signature/Parental Consent (If entrant is under 18) \_\_\_\_\_ Date: \_\_\_\_\_

<b>STAFF USE ONLY (19FIT)</b>	<b>Amount Received:</b>	<b>Take By:</b>	<b>Verified by:</b>
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**Race Day Location**

**\*Twin Lakes YMCA**  
 204 E Elm Trail, Cedar Park, TX 78613  
 512-250-9622

**Race Start Time**

- Warm Up 7:45am
- Prayer & National Anthem 8:00am
- Kids 1K Fun Run 8:05am
- 5 Miler 8:20am
- 5K 8:25am

**Course Details**

**5 Miler/5K & Kids 1K will begin and end at the same place.**

- Kids 1K will run from start to the gate entrance into Camp Twin Lakes, turn around and return on the same path to finish line.
- 5 Miler will run from start into the trail, turn around at 2.5 marker and return on the same path to finish line.
- 5K will run from start into the trail, turn left at 183 toll road bridge, turn around at Cypress Creek and return on the same path to finish line.

**5 Miler & 5K Awards**  
**Age Groups / Top 3 Male/Female in Age Groups**  
**ALL RUNNERS WILL RECEIVE A FINISHER MEDAL**

• 6 & Under	• 40 to 49	• Overall Male/Female
• 7 to 11	• 50 to 59	• Overall Male/Female Masters
• 12 to 14	• 60 to 69	• Overall Male/Female Wheelchair
• 15 to 19	• 70 & over	
• 20 to 29		
• 30 to 39		

Awards will begin promptly at 9:15am for 5K followed by 5 Miler awards

**Registration fee includes:**

5 Miler & 5K (chip-timed) event, commemorative long sleeveshirt, race day refreshments, free race photos, rock climbing wall for the kiddos and great memories. All participants receive a finisher medal. Early Bird Price ends **10/31/19**

**Strollers and Dogs (on leashes) are welcome to enjoy the fun.**  
 Please be courteous of other runners and begin the run in the back of the lineup.

## HOW TO REGISTER

- Register online at [www.runsignup.com](http://www.runsignup.com). For more information [www.ymcagwc.org](http://www.ymcagwc.org)
- Register at any **YMCA of Greater Williamson County** branch location.  
 Make checks payable to: Twin Lakes Family YMCA, 204 E. Little Elm Trail Cedar Park, TX 78613

### THANK YOU TO OUR 2019 SPONSORS

