



Jingle Jog 5K Run

December 3, 2011

Please join us for the 1st Annual Jingle Jog 5K run. The run will begin and end at the Nishna Valley Family YMCA. The run will begin at 8:00AM. After your run, enjoy some hot chocolate, coffee, Christmas cookies or muffins. There will be a few prizes handed out for the 1st place male and female winner and for the best Christmas costume.

Schedule of Events:

7:00-7:45am Registration @ the Nishna Valley Family YMCA

(You are encouraged to register prior to the race)

8:00am Race Time starting @ the Nishna Valley Family YMCA

Entry Fees:

- \$15 postmarked or delivered by November 23, 2011 to guarantee a shirt.
- \$25 after November 23, 2011.

All pre-registered participants will receive a long sleeved shirt. If you register the day of the event a shirt is not guaranteed.

If you have questions please call or email: Melanie Dunphy 712-243-3934 or mdunphy@nishnavalleymca.com

Registration Entry Form

Participants Name: _____ Age (on race day): _____ DOB: _____

Street Address: _____ City: _____ State: _____ Zip Code: _____

Home #: _____ Alternate #: _____

Email Address: _____

Shirt Size (Please circle): Youth Small Youth Medium Small Medium Large X-Large

I certify that the above named person is in normal health and capable of participating in the YMCA Program. I grant permission for the above named to participate and in doing so I hereby release any and all rights and claims for injuries and damages I may have against the Nishna Valley Family YMCA, their Board of Directors, Employees, Officials, Volunteers and coaches. If medical attention is required, I give permission for such medical care when either I or the emergency contact person cannot be notified. I understand that the YMCA does not carry accident insurance on participants.

Parent/Guardian Signature _____ Date _____

Sponsored by:



Mail the registration form to: Nishna Valley Family YMCA

Attn: Melanie Dunphy

1100 Maple Street, Atlantic Iowa 50022