



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAKE THE NEXT STEP

10K Training Class JOPLIN FAMILY YMCA DOWNTOWN

Get your running base up to 6 miles, so you can start the half-marathon training class strong! This class is specially formulated for 5K runners who need to increase their running base before beginning the training class for the Joplin Memorial Half. It is also a great fit for anyone who wants to increase their mileage.

This class will meet on Tuesdays at 6:00pm in January and February. The half-marathon training class will begin the first week of March.

What You've Just Got to Know

To register, just fill out the form on the back and return it along with the registration fee to either Joplin Y branch.

- **Where:** Joplin Family YMCA Downtown Branch
- **Days and Times:** Tuesdays at 6:00pm
- **Dates:** January 24-February 14, 2017
- **Cost:** \$25

For more information, please contact our Director of Healthy Living at 417 781 YMCA.





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10K Training Class Registration JOPLIN FAMILY YMCA

Name _____ Birth Date _____ Gender M F

Address _____ City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email Address _____

In consideration of your acceptance of this entry, I hereby waive, release and forever discard all claims, rights and causes of action of any kind or nature for myself, my heirs, executors and administrators, against sponsors and organizers of the Joplin Family YMCA running classes, their agents, servants, officers, employees, directors, representatives and assigns for injury or illness which may directly or indirectly result from my participation in the Joplin Family YMCA running classes, and I further agree to save and hold said parties harmless and agree to indemnify each of said persons against all liability for any loss, cost, injury or damage to persons or property which may arise by virtue of the undersigned engaging in the Joplin Family YMCA running classes. I further state that I am in proper physical condition to participate in this event. I recognize the sponsors have not undertaken to provide undersigned with any medical care, treatment or advice concerning my participation. I give the Joplin Family YMCA permission to use any pictures taken of me while participating in the 10K Training Class for the purposes of their own advertising.

Signature _____ Date _____

Return completed and signed form, along with registration fee, to either Joplin Family YMCA location: 510 S. Wall Ave., Joplin , MO 64801 or 3404 W. McIntosh Circle Drive, Joplin, MO 64804.

Date _____ Staff Initials _____ Amt. Paid _____

Session Code: 17JAN Program Code: 02FT10K