



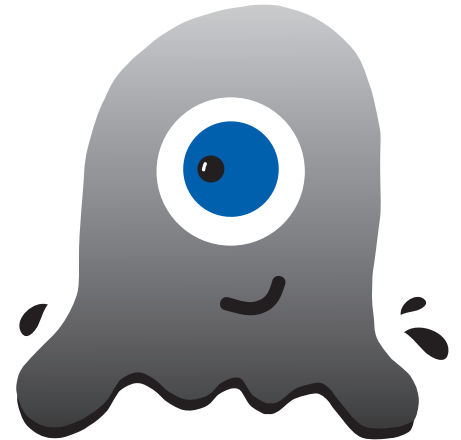
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MUD-O-WEEN

5K Extreme Trail Run

Saturday, October 21, 2017

COUNTRYSIDE YMCA | LEBANON



Take on the muckiest challenge we've ever hosted! Three miles on our all-terrain trail run will leave you dripping mud. Come race in your favorite costume and see what you can accomplish at the Countryside YMCA Mud-O-Ween. Stay after for a howling celebration.

IF YOU DARE

- **COURSE:** 5K run with a variety of natural obstacles such as ravines, creeks, pond, plus many man-made obstacles like hay bale mountain, hurdles, wall climb, cargo net and lots of mud. The race will be chip-timed with wave starts. And the great thing is, you get a hot shower after you get muddy.
- **RUN DIVISIONS:** Anyone ages 11 and up may register as: Individuals, Teams of 2-6.
- **AWARDS:**
 - Top 3 fastest male and female overall
 - Top 3 for teams of 2, 3, 4, 5, or 6
 - Best costume
 - Top 3 finishers in any individual age group
 - Every participant receives a Mud-O-Ween pin
- **AWARDS CEREMONY:** This will be held immediately following the race.

• **PRE-REGISTRATION FEE:**

EARLY BIRD BY 9/30/2017		10/1/2017 OR AFTER	
Individual Cost	Team Cost	Individual Cost	Team Cost
\$45 per person	\$35 per person	\$55 per person	\$45 per person

- **T-SHIRTS:** If you would like a Mud-O-Ween short sleeve t-shirt, there will be an additional charge of \$10 per shirt while supplies last.
- **REGISTER ONLINE:** Online registration can be found at: www.RegistrationSpot.com
- **REGISTER IN PERSON:** Fill out this form and return to the Front Desk at Countryside YMCA | Lebanon along with payment.

Need additional information? Is your company interested in sponsoring?
Contact Judy Bauer at 513 932 1424 ext 143 or judy.bauer@ymcastaff.org

MUD-O-WEEN EXTREME TRAIL RUN 2017 ENTRY FORM

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

AGE AS OF 10/1/2017: _____ SEX: M or F T-SHIRT SIZE: S M L XL XXL

BIRTHDATE: _____

(circle one)

INDIVIDUAL TEAM

(awards by age)

(circle one)

TEAM OF: 2 PEOPLE 3 PEOPLE 4 PEOPLE

5 PEOPLE 6 PEOPLE

FOR TEAMS ONLY (Note: Every teammate must sign a wavier.)

TEAM NAME: _____

TEAM CAPTAIN: _____

OTHER TEAMMATES(S) - NAME(S) AND BIRTHDATE(S)

OTHER TEAMMATE(S) - EMAIL(S)

1. _____
2. _____
3. _____
4. _____
5. _____

- _____
- _____
- _____
- _____
- _____

Wavier

I will read and comply with all YMCA rules and regulations, note existing weather conditions, and voluntarily agree to assume all risks arising from participating in the Mud-O-Ween Extreme SK Trail Run or Mini Mudder. I acknowledge, agree and represent that I understand the nature and rigors of, and the risk involved in participation in the Mud-O-Ween Extreme SK Trail Run. I understand it is an extreme sport and may involve risk and dangers of serious bodily injuries, including scrapes, bruises, insect bites, stings, broken bones, sprains and neurological risk. In consideration of your acceptance of my entry, I, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, hold harmless and release and forever discharge the Ralph J. Stolle Countryside YMCA, their members, agents, sponsors and any other officials whatsoever arising from my participation in the Mud-O-Ween or Mini Mudder. I attest that I am physically fit and have sufficiently trained for this activity and do so grant the sponsors such release as described herein. I also waive and release my photograph or likeness for any reason or purpose. I have acknowledge that I have read and understand all the above.

Mud-O-Ween 5K Extreme Trail Run Participant

I hereby certify that I am the adult participant or parent of named participant above, and do give my consent without reservation to the foregoing and agree to hold harmless the aforementioned from any liability.

SIGNATURE: _____ DATE: _____

PARENT SIGNATURE: _____ DATE: _____

Note: If under 18 years of age, parent must sign below in presence of the YMCA staff, or must be notarized.