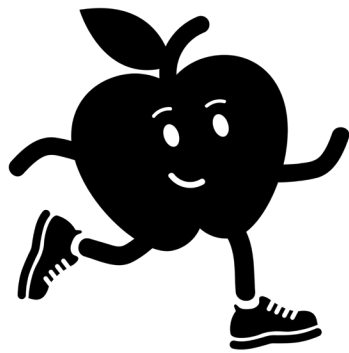




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



5K Run/Walk • 10K • 15K Run  
**APPLEFEST**  
COUNTRYSIDE YMCA | LEBANON  
Saturday, September 28, 2024

**COURSE:** The 34<sup>th</sup> Annual Applefest 10k/15k run and 5k run/walk are a part of the Lebanon, Ohio Applefest held each year. All 3 race distances will start near the outdoor pool pavilion. The 5k is mostly a flat route on Deerfield Rd sidewalk, then take a right onto Turtle Creek Union Rd, right on Natalie Lane to the end of the street, right onto the bike trail, right onto the sidewalk, right into the YMCA entrance and finish line. The 10k splits left onto the bike trail with a turnaround back to the YMCA following the same finish as the 5k. The 15k goes further out on the bike trail before turning around and heading back to the YMCA.

**CHECK IN:**

- 15K/10K: 7:30-8:15 a.m.
  - 5K: 7:30-8:45 a.m.
- at the Outdoor Pool Pavilion

**START TIME:**

- 15K/10K: 8:30 a.m.
  - 5K: 9:00 a.m.
- at the Outdoor Pool Pavilion

**AWARDS:**

- Top 3 male and 3 female overall
- Results posted on [countrysideymca.org](http://countrysideymca.org)
- Participants will receive an Applefest pin

**ENTRY FEES:**

- \$30 Early Bird Registration (on or before August 31)
- \$35 Registration (after August 31)
- \$20 Youth Age 6-16 (5 and under are free)
- T-shirt included (to guarantee must order by September 11)

**REGISTER ONLINE:** <https://runsignup.com/Race/OH/Lebanon/Applefest5k10k15kRunWalk>

**REGISTER IN PERSON:** Fill out the form on the back and return to the front desk at Countryside YMCA | Lebanon along with payment.



**All proceeds benefit the Annual Campaign: LIVESTRONG® AT THE YMCA**  
For more information call or email Jasmine Lee at 513-932-1424 ext. 140  
[jasmine.lee@ymcastaff.org](mailto:jasmine.lee@ymcastaff.org)

# APPLEFEST RUN 5K • 10K • 15K 2024 ENTRY FORM

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

GENDER: \_\_\_\_\_ AGE: \_\_\_\_\_ DOB: \_\_\_\_\_

CIRCLE RACE:    15K Run    10K Run    5K Run/Walk

## CIRCLE SHIRT SIZE:

Adult: S M L XL XXL                  Youth: S M L

*Short Sleeve Shirt - unisex sizing*

## CIRCLE PAYMENT OPTION:

Early Bird Registration (on or before August 31).....\$30

Registration (after August 31).....\$35

Youth Age 6-16 (5 and under are free).....\$20

T-Shirt (to guarantee must register by September 11).....Included

**TOTAL**.....\$ \_\_\_\_\_

## 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 Applefest Run. I acknowledge, agree and represent that I understand the nature and rigors of, and the risk involved in participation in the Applefest 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 Applefest Run. 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.

## Applefest 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, a legal guardian must sign above in presence of the YMCA staff, or must be notarized.