



LIVESTRONG®

FOUNDATION

LIVESTRONG® at the YMCA Race  
8:45 a.m. Saturday, Oct. 3, 2015

The YMCA of Central Texas strives to offer free programming to cancer survivors with the purpose of restoring spirit, mind and body. Your entry fee enables us to continue to support cancer survivors emotionally and physically through LIVESTRONG at the YMCA as they work toward healing.

**Location:** Woodway Park (located at the end of Estates Drive near Lake Waco)

**Directions**

- From West Highway 84 take a right and head northwest on Estates Drive. Turn left at the stop sign at Bosque Boulevard to continue on Estates Drive, which dead-ends at the park. Signs will be posted.
- From Highway 6, take the Bosque Boulevard exit, and head south on Bosque Boulevard until you reach the intersection with Estates Drive. Continue through the stop sign to proceed on Estates Drive.

**Entry Fees:**

	<b>Early (by Sept. 20)</b>	<b>Regular (Sept. 21-Oct. 2)</b>	<b>Race Day</b>
1K	\$15	\$15	\$15
5K	\$20	\$25	\$30
10K	\$25	\$30	\$35

Teams of 10 or more will receive a \$5 discount per registration. See back for details.

**Make Checks Payable To:**

YMCA OF CENTRAL TEXAS, 6800 Harvey Drive, Waco TX 76710

**Race Day Schedule:**

7:30-8:30 a.m.	Registration and packet pickup
8:45 a.m.	1K Starts
9 a.m.	5K and 10K Start

**Awards (5K & 10K):** Overall male and female; 1st, 2nd and 3rd place male and female in each 5-year age group. Prizes will be awarded to the team with the most participants and the most spirited team.

**Please indicate desired event:** 1K 5K 10K

If participating as a team, please list team name. \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Email \_\_\_\_\_

Gender: M F Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on race date \_\_\_\_\_

T-Shirt Size (Guaranteed only with early registration.) YS YM YL S M L XL

**Waiver Must Be Read and Signed Before Mailing:**

In consideration of the acceptance of this entry, I assume complete responsibility for any injury or illness that may directly or indirectly result from my participation in the Waco Striders LIVESTRONG at the YMCA Race. I hereby release and hold harmless the director, sponsors, promoters, officials, City of Woodway, YMCA of Central Texas, and all persons and entities associated with the event from any and all injury or damages. I state that I run at my own risk.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent's signature if younger than 18 \_\_\_\_\_

# Who does your TEAM run (or walk) for?

Don't want to walk or run alone? Create a team! Forming a team is a great way not only to increase support for the cause but also to have more fun. Here are some frequently asked questions.

## Why would I want to create a team?

By creating a team of 10 or more runners or walkers, you can save money. Each participant will save \$5 on their entry fee when signed up as a team. Additionally, awards will be given to the team with the most participants and the team that is the most spirited. So save some money and increase the fun factor!

## Does every person on my team have to participate in the same event?

Each person on your team is free to register for the length (1K, 5K or 10K) that most appeals to them.

## How do we sign up as a team?

There are two ways to sign up as a team. Team registration can be done at Active.com. If done in person at the Waco Family YMCA, be sure that all the registration forms and money for team members are presented to Welcome Center staff at one time. (Each teammate will need to fill out a separate registration form.) Team registration will end Oct. 1. Participants will be able to join established teams after Oct. 2, but no discount will be given.

If by Oct. 2 your team does not have 10 members, the team discount will be removed. If the team discount is removed, each person pays the regular entry fee of \$15 for the 1K, \$25 for the 5K, or \$30 for the 10K.

## Who do I contact if I have questions?

Contact Chronic Disease Prevention Specialist Crystal Hernandez by calling her at 254.776.6612 ext 210 or e-mailing her at [crystal.hernandez@ymcactx.org](mailto:crystal.hernandez@ymcactx.org) for more information.



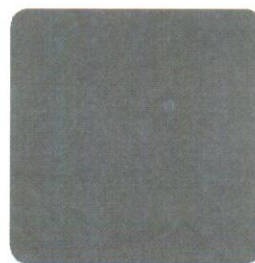
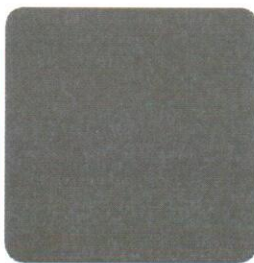
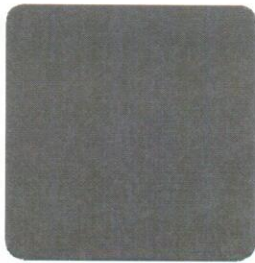


LIVESTRONG  
AT THE YMCA



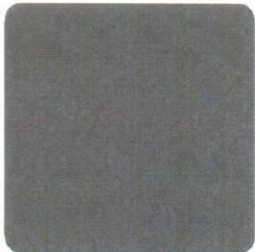
YMCA OF CENTRAL TEXAS  
4th Annual LIVESTRONG® at the YMCA race

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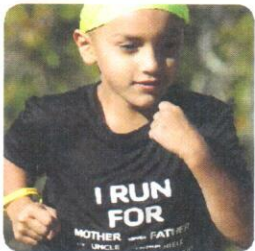
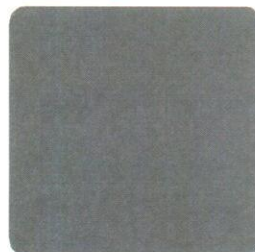


LIVESTRONG\*

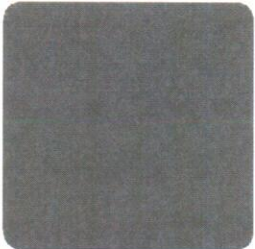
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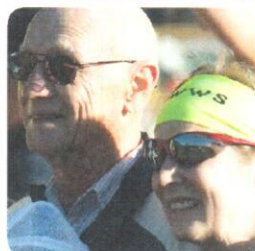
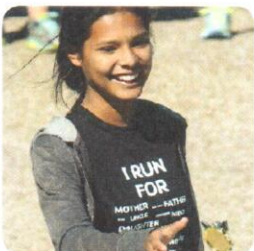
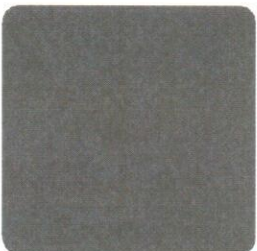
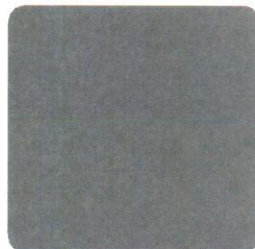
# WHO WILL YOU RUN FOR?



LIVESTRONG\* AT THE YMCA



1K, 5K & 10K  
Oct. 3 • 8:45 a.m.  
Woodway Park



Individuals and teams can sign up on [Active.com](http://Active.com) or at Waco Family YMCA (6800 Harvey Drive).



Scan to register on [Active.com](http://Active.com).

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