OFF AND RUNNING

Labor Day 5K
SOUTH GASTON YMCA

Join the South Gaston YMCA for the first annual Labor Day 5K on Monday, September 1 at 8:00 am. Our 3.1 mile race will begin at the Schiele Museum on Garrison Blvd.

Registration fee:
$25 per person until August 25
$10 week of registration fee applies if space is available

Registration and course map information available online at www.gastonymca.org or at your local Gaston County Family YMCA.

SOUTH GASTON YMCA
3210 Union Road
Gastonia, NC  28056
Phone: 704.865.2193
www.gastonymca.org
LABOR DAY 5K
Monday, September 1, 2014 at 8:00 am

LOCATION
Start, finish, race-day registration, packet pick up and awards will take place at the Schiele Museum 1500 East Garrison Blvd. Gastonia, NC 28054.

 PACKET PICK UP
Packet pick up will occur the Friday before the race at Run and Walk Belmont, 200 N. Main Street Belmont from 10am—6pm as well as morning of the race.

AWARDS
Thirteen divisions will be awarded as well as first overall for male and female runners directing following race.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>14 &amp; Under</th>
<th>15—19</th>
<th>20—24</th>
<th>25—29</th>
<th>30—34</th>
<th>34—39</th>
<th>40—44</th>
<th>45—49</th>
<th>50—54</th>
<th>55—59</th>
<th>60—64</th>
<th>65—69</th>
<th>70+</th>
</tr>
</thead>
</table>

First Name: ____________________________  Last Name: ____________________________

Birth date: _______________ Email Address: __________________________________________

Address: __________________________________________________________________________

Gaston Cup Company: Yes/No, If yes—___________________________________________________

Gender: Male    Female    Age Day of Race ___________

T-shirt size (please circle)

Youth Medium (10/12)    Youth Large (14/16)

Adult Small    Adult Medium    Adult Large    Adult XL    Adult XXL    Adult XXXL

Read and Sign:
In entering this Race Series, sponsored by The Gaston County Family YMCA, and co-sponsors, I waive all claims for myself, my heirs, and anyone else acting on my behalf—should I die or be injured or become ill because of an accident or illness—against any sponsor, any sponsor’s representative, all race staff and officials, and any person assisting on a voluntary basis or otherwise on public streets with vehicular traffic, including the risk of a vehicle striking me, ans all other risks. I state that I am in proper physical condition for the races I enter. I waive all royalty consideration for photos of me taken during the race or on race day permitting any legal use without pay.

Signature: _____________________________________________ Date: ______________________

(Parent/Guardian must sign for participants under 18)