



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACCEPT THE CHALLENGE!

## COMMIT #7STRONG

**Guaranteed Race Shirt • Courtesy E-mail Reminders**  
**Discount Pricing • Stress Free Registration**  
**TWILIGHT RACE HOODED SWEATSHIRT EXCLUSIVELY FOR YOU**

### Special Rate for ALL 7: \$137

Add \$16 for Triathlon, Duathlon and/or \$16 for Half-Marathon

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Signature: \_\_\_\_\_

Sex:  M  F      T-Shirt Size:  Youth M  Youth L  S  M  L  XL  XXL  
Hooded Sweatshirt Size (runs smaller than t-shirt) \_\_\_\_\_

\*Technical t-shirt for Triathlon & Half-Marathon participants (unisex sizes): Tech T-Shirt Size \_\_\_\_\_

Race of Champions:	<input type="checkbox"/> 5k Run	<input type="checkbox"/> 2 Mile Run	<input type="checkbox"/> 2 Mile Walk
Diamond Dash:	<input type="checkbox"/> 10k Run	<input type="checkbox"/> 6k Run	<input type="checkbox"/> 5k Walk
July 4th Race:	<input type="checkbox"/> 15k Run	<input type="checkbox"/> 5k Run	<input type="checkbox"/> 2 Mile Walk
Canoe Creek Races:	<input type="checkbox"/> Triathlon (add \$16)	<input type="checkbox"/> Duathlon (add \$16)	<input type="checkbox"/> 5k Run <input type="checkbox"/> 2 Mile Walk
October Races:	<input type="checkbox"/> Half-Marathon (add \$16)	<input type="checkbox"/> 10k Run	<input type="checkbox"/> 5k Walk
Turkey Trot Race:	<input type="checkbox"/> 4.5 Mile Run	<input type="checkbox"/> 2 Mile Run	<input type="checkbox"/> 2 Mile Walk
Twilight Race:	<input type="checkbox"/> 5k Run	<input type="checkbox"/> 2 Mile Run	<input type="checkbox"/> 2 Mile Walk

WAIVER: In submitting this entry, I, intending to be legally bound for myself, my heirs, executors and administrators, waive, release and forever discharge the Blair Regional YMCA and all event sponsors, event volunteers and their officers, directors, agents, successors and or assigns for any and all injuries suffered by me at this event, while traveling to and from race or while participating in the event. I attest that I am physically fit and prepared for this event. I understand that I may be photographed and agree to allow my photo, video or film likeness to be used for legitimate purpose by the aforementioned parties.