

School Administrators of Waterbury & Waterbury Teacher's Association present:

Great Dash & BASH



5K Saturday, May 30, 2015
 9:00am Registration
 10:00am Race
 Library Park, Waterbury

DASH:

REGISTRATION: Register online at RunsSignup.com/greatdashbash or via mail-in application to: Greater Waterbury YMCA 136 West Main Street 06702
Pre-Registration is advised! Applications available online or at the Greater Waterbury YMCA.
Race day registration begins at 9:00a.m. race begins at 10:00a.m.

FEES: 5K runners: \$20/pre-registration; \$25/day-of-race. 1-mile walkers: \$20/pre-registration; \$25/day of race. 17 and under \$15/pre registration; \$20/day of race. First 250 participants will receive event T-shirt. Checks payable to: Waterbury YMCA

PROCEEDS: All proceeds will benefit the youth programs for the Police Activity League, the Greater Waterbury YMCA and the Boys & Girls club youth scholarship funds.

MORE INFO: **Dash: 5 K** Runners and 1-mile walkers welcome, scenic downtown course starting and ending at Library Park, on Grand Street in downtown Waterbury, CT. Awards will be given to top age group finishers and all top overall finishers. **For additional information contact Kristin Mabrouk 203.754.9622 x 106 kmabrouk@waterburymca.org.**

BASH: **Post Race festivities will be held at Pies & Pints on Leavenworth Street!**
Participants receive complimentary post-race refreshments!

Thank You to our top sponsors for their generous support:

School Administrators of Waterbury

Waterbury Teacher's Association

REGISTRATION FORM (Please print) Cut above and mail this to: Greater Waterbury YMCA, Attn: Kristin Mabrouk, 136 West Main St. Waterbury, CT 06702

First Name: _____ Last Name: _____

Gender: Male Female Date of Birth: _____ Age _____

Shirt XS S M L XL XXL If participating in the Waterbury School competition please designate your school here: _____

Event: 5K Run 1-Mile Walk E-mail Address: _____

Address: _____ Town: _____ State: _____ Zip: _____

Phone: _____

WAIVER: MUST BE SIGNED *We advise all students to discuss participation with their coach in order to avoid jeopardizing school athletic standings. I am sufficiently trained and physically able to participate in this race. I understand the need to replenish body fluids, particularly on warm days. In signing this entry form, I acknowledge that WTA, SAW, YMCA, USATF, Police Activity League, Boys and Girls Club and all other sponsors of this race and all race-related persons and parties are not responsible in any way for the death, injury, damages or losses received during, or, as a result of, participation in this event. I understand that my photo may be taken during the event could be used or reproduced for future promotional purposes in print or electronic media.

Signature* (Parent/Guardian signature if under 18)

Date:

