

REGISTRATION

NAME _____

ADDRESS _____

E-Mail: _____

SHIRT SIZE S M L XL

KIDS SIZES S M L XL

Please circle:

PRESS AND RUN \$15.00

PRESS AND WALK \$15.00

WALK OR RUN ONLY \$15.00

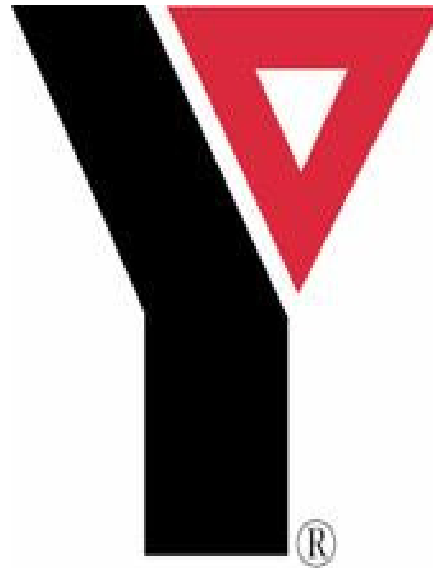
.5 mile KIDS RACE \$10.00

Children 12 and under.

Checks Payable to the Liberty
Township Powell YMCA

The first 100 registered are guar-
anteed a T-Shirt.

Must drop off registration at Lib-
erty Township Powell YMCA or
register online at
WWW.YMCACOLUMBUS.ORG/
LIBERTY



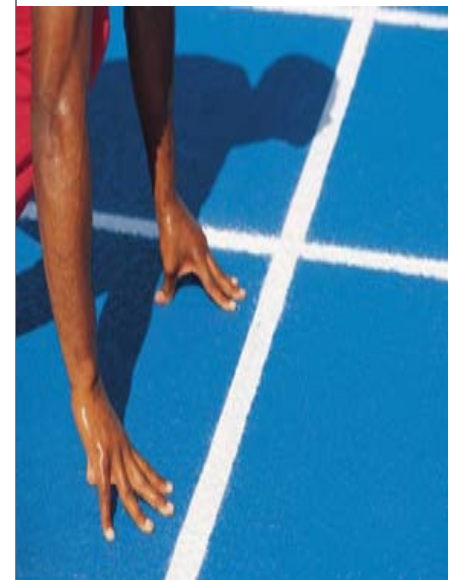
LIBERTY TOWNSHIP POWELL YMCA

Contact Information: Michele Cannell
Health and Wellness Director
740-881-1058



GET READY, GET
SET.....

PRESS AND RUN



LIBERTY TOWNSHIP
POWELL YMCA

Get ready to test
your power and
speed!

The YMCA Press and Run/Walk will test participants overall fitness by measuring their strength and endurance. Competitors bench a predetermined percentage of their body weight, with each repetition (up to a max of 30) reducing the following 5 - Kilometer run time by 30 seconds.

Participants may choose to do the Press and Run, Press and Walk. They may also choose to just run or walk the 5K.

YMCA

Press and Run May 16th.

TIME:

The Press: 7AM

The Race: 9:30AM.

WHERE:

The Press will take place at the Liberty Township/Powell YMCA.

The 5K Race will take place at Liberty Park..

Pick up race bags May 15th between 9 and 11 AM at the Liberty Twp./Powell YMCA.

WAIVER:

I, the undersigned, hereby expressly and affirmatively state that I wish to participate in the Liberty Township Powell YMCA Run/Walk or Press and Run. I realize that my participation in this activity involves risks of injury, including but not limited to anything and even the possibility of death. I also recognize that there are many other risks of injury, including serious disabling injuries, that may arise due to my participation in this activity and that it is not possible to specifically list each and every individual injury risk. However, knowing the material risks and appreciating, knowing and reasonably anticipating that other injuries and even death are possible, I hereby expressly assume all the delineated risks of injury, all other possible risk of injury, and even death, which could occur by reason of my participation.

Participant's Name

Participant's Signature

Parent's Signature if child is under 18

Date



**LIBERTY TOWNSHIP
POWELL YMCA PRESS AND RUN**

RULES:

When being weighed-in weight will be rounded to the nearest 5 lbs.

Men

39 and under:	100%
40-49:	90%
50-59:	80%
60-69:	70%
70 and over:	60%

Women

39 and under:	70%
40-49:	60%
50-59:	50%
60 and over:	40%

30 seconds will be deducted for your run for every completed lift you do.

**Please feel free to contact Michele Cannell, Health and Wellness Director
At 740-881-1058 if you have any questions.**