

In addition to the
5K Run/Walk and
1 Mile Fun Run/Walk,
please take time to enjoy
some other activities
with your family!

\*Costume Contest for the participants in the 1mile Run/Walk.

(Prizes will be awarded for Most Original, Funniest, Most Frightful and Most Realistic)

Dress up if you DARE!

\*Face Painting

\*Moon Bounce

\*Lots of free food



# SPONSORS













Many thanks to all our corporate sponsors for their generous support to help us build strong kids, strong families, and strong communities!

# Indian Valley Family YMCA Presents:



# Monster Dash 5K RUN WALK 1 MILE FUR RUN/WALK

Saturday, October 31, 2009

5K Race/Walk @ 9:00 AM 1 Mile Fun Run/Walk @ 9:30 AM

Sign-In/Registration begins @ 8:00 AM Arrive no later than 9:00 AM due to the roads closing for race

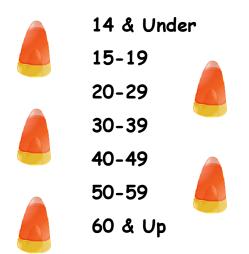
890 Maple Ave. Harleysville, pa 19438 Phone: 215-723-3569 Www.horthpennymca.org

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## 5K Prizes to be awarded:

- \* For the overall

  Male and Female winners
- \* For top three Male and Female finishers in each age group:



# 1 Mile Run/Walk Awards:

\* For top three Male and Female finishers



# Registration Form for 5K and/or 1 Mile Run/Walk

T-shirts given to first 100 with Pre-registration postmarked or hand delivered on or before October 25th! Race Day Registration gets shirts while they last!

Fill out completely, Pleas <b>Name:</b>	e Print			
Name: Address:	<del> </del>			
City, State, Zip:				
Phone:		Age as o	f October	25 <sup>th</sup> :
Email:			M	ale / Female (Circle One)
<b>Γ-shirt Size: (Adult) S</b> If registering a family ple				Make checks payable to: "Indian Valley Family YMCA"
Name	Age	Sex T-shirt Size	Mail To:	Indian Valley Family YMCA 890 Maple Avenue Harleysville, PA 19438
				Attention 5K Registration
lease indicate events you wish to register for below:  \$ 8			05-0905-01707-01	
\$15 5K Rd	ace/Power Wa		me day regis	tration will be \$20.00)
Please make sure you re signature provides consc guardian sign in order t	ent to the term	s of this disclaime	JABILITY DI r. All partici	SCLAIMER, and sign below. Your pants must sign or have legal
nteraction with other participants, event, the participant hereby expr forementioned events and any and ademnify, and hold harmless, the community, Montgomery County, as	effects of weather, t essly assumes all risks, I all related activities. Township of Lower Salf well as their affiliates	raffic, and conditions of the including personal injury, de The participant agrees for ord, Franconia Township, So s, officers, directors, volunt	e road and course. eath, or property da him/her heirs, exec ouderton Area School teers, and employees	hich may include risks such as but not limited to: falls In consideration of being allowed to participate in this mage, arising in any way out of participation in the utors, and administrators to not sue and to release, I District, Indian Valley Family YMCA, Peter Becker from any and all liability, claims, demands, and caus rom the negligence of any of the above or from any
Name of Particip				<del> </del>
Signature of Part	ticipant/ <i>G</i> u	ardian:		<del> </del>
Nate:				