



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 FUN 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.NORTHPENNYMCA.ORG**

5K Prizes to be awarded:

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

	14 & Under	
	15-19	
	20-29	
	30-39	
	40-49	
	50-59	
	60 & Up	

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, Please Print

Name: _____
Address: _____
City, State, Zip: _____
Phone: _____ **Age as of October 25th:** _____
Email: _____ **Male / Female (Circle One)**

T-shirt Size: (Adult) S M L X-L (Child) S M L
 If registering a family please fill out the table below.

Make checks payable to:
 "Indian Valley Family YMCA"

Mail To: Indian Valley Family YMCA
 890 Maple Avenue
 Harleysville, PA 19438
 Attention 5K Registration

Name	Age	Sex	T-shirt Size

Please indicate events you wish to register for below :

05-0905-01707-01

- ___ \$ 8 1 Mile Fun Run/Walk, Individual
- ___ \$15 1 Mile Fun Run/Walk, Family (two or more)
- ___ \$15 5K Race/Power Walk, Individual (same day registration will be \$20.00)
- ___ \$___ Monetary Donation to Indian Valley Family YMCA

Please make sure you read and understand the following **LIABILITY DISCLAIMER**, and sign below. Your signature provides consent to the terms of this disclaimer. All participants must sign or have legal guardian sign in order to participate in the events.

The Indian Valley Family YMCA 5K Race and 1 Mile Fun Run involves running and walking activities, which may include risks such as but not limited to: falls, interaction with other participants, effects of weather, traffic, and conditions of the road and course. In consideration of being allowed to participate in this event, the participant hereby expressly assumes all risks, including personal injury, death, or property damage, arising in any way out of participation in the aforementioned events and any and all related activities. The participant agrees for him/her heirs, executors, and administrators to not sue and to release, indemnify, and hold harmless, the Township of Lower Salford, Franconia Township, Souderton Area School District, Indian Valley Family YMCA, Peter Becker Community, Montgomery County, as well as their affiliates, officers, directors, volunteers, and employees from any and all liability, claims, demands, and causes of action whatsoever, arising out of participation in this event and related activities, whether it results from the negligence of any of the above or from any other causes.

Name of Participant: _____
Signature of Participant/ Guardian: _____
Date: _____