

Join us for the...

3<sup>RD</sup> ANNUAL  
**STAY AHEAD OF  
THE PARADE  
5K RUN**

**Registration for Monday, July 4, 2011**

Please fill out a registration form and waiver for EACH participant.

Registration must be completed and turned in to the Upper Keys YMCA Program Center by 7/3/11.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Gender: Male  Female

Participant Age (as of July 4, 2011): \_\_\_\_\_

T-Shirt Size (circle one): S M L XL XXL

**Emergency Contact Information**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

**Registration Fees**

**Pre-Registration: \$25\* | Day of Event: \$30\***

\*Proceeds go towards the Upper Keys YMCA Program Center Summer Camp Scholarship Fund

**GIVE A GIFT TODAY!**

**Strong Kids Campaign**

I would like to make an additional donation of \$\_\_\_\_\_ benefiting the children of the Upper Keys YMCA Program Center.

**Payment Type:** Check  Cash

(Please make all checks payable to "YMCA")

**SPONSORSHIP OPPORTUNITIES**

**GOLD LEVEL (\$1000)**

Banner/signage on Y parade float

Logo on event t-shirt

10 complimentary race entries

Company banner displayed at finish line

**SILVER LEVEL (\$500)**

Logo on event t-shirt

5 complimentary race entries

Company banner at finish line

**BRONZE LEVEL (\$250)**

Logo on event t-shirt

3 complimentary race entries

**CURRENT SPONSORS**

Centennial Bank

The Reporter

Key Largo Baptist Church



**UPPER KEYS YMCA PROGRAM CENTER**

500 Saint Croix Place

P.O. Box 2831

Key Largo, FL 33037

P 305 453 3422

www.ymcamiami.org

www.twitter.com/upperkeysymca

www.facebook.com/ymcamiami

3<sup>RD</sup> ANNUAL

**STAY AHEAD OF  
THE PARADE  
5K RUN**

**MONDAY, JULY 4, 2011**

Benefiting the  
Upper Keys YMCA Program Center  
Summer Camp Scholarship Fund



**THE RACE COURSE:** Runners will run/walk a 3.1 mile course which begins with the parade kick off at mile marker 98, follow US-1, detour through Port Largo then finish at Key Largo Community Park.

**AGES:** 8 years and older

**TIME: 8-9 AM:** Day of Race Registration

**9 AM:** Check In

**9:45 AM:** Start Time

**11:30 AM:** Award Presentation at the Key Largo Community Park Pavilion

**LOCATION:** Key Largo Community Park, 500 Saint Croix Place, Key Largo, FL

**AWARDS WILL BE GIVEN TO:**

- Top 3 Male Runners
- Top 3 Female Runners
- Top 3 Male Runners under 18
- Top 3 Female Runners under 18

**FIRST 50 ENTRANTS WILL RECEIVE A FREE T-SHIRT!**




**JOIN US FOR LUNCH!**

Have fun, relax and hang out with our Y family after the race. Meal tickets cost \$6 for a hot dog, chips and soda.

**SUPPORT THE YMCA STRONG KIDS CAMPAIGN**

All proceeds from the Stay Ahead of the Parade 5K Run benefit the YMCA Strong Kids Campaign. The Strong Kids Campaign provides scholarships to families in need to enable their children to participate in Y programs like summer camp, afterschool care, cheerleading, soccer, flag football, basketball and tennis.



**FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**ABOUT YMCA OF GREATER MIAMI**  
With family centers throughout Miami-Dade and upper Monroe County, the YMCA of Greater Miami is one of South Florida's leading nonprofit organizations. The Y engages the South Florida community to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Focusing on strengthening communities through youth development, healthy living and social responsibility, the Y offers services such as youth sports, aquatics, afterschool, preschool, summer camp, health and fitness programs, and membership.

**FOR MORE INFORMATION**  
CALL TOLL FREE: 1-877-WOW-YMCA  
VISIT: [www.ymcamiami.org](http://www.ymcamiami.org)

**READ THIS DOCUMENT (THE "WAIVER AGREEMENT") CAREFULLY BEFORE SIGNING. THIS WAIVER AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS AND WILL LIMIT OR ELIMINATE YOUR ABILITY TO BRING A FUTURE LAWSUIT.**

I understand and acknowledge that I am legally agreeing to the statements in the following paragraphs of this Waiver Agreement by affixing my signature below and that these statements are being accepted by The Young Men's Christian Association of Greater Miami, Inc., (hereinafter "YMCA") and the other Released Parties (as defined below) in consideration for permitting me to participate in the [Third Annual Stay Ahead of the Parade July 4th 5K] (the "Event"). I understand and acknowledge that my agreement to the provisions herein is express condition to being able to participate in the Event and that participation in the Event would not be permitted without my agreement to such provisions.

I acknowledge that running is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property damage. I acknowledge and agree that it is my responsibility to determine whether I am sufficiently fit and healthy enough to safely participate in the Event, and I attest and certify that I am or will be sufficiently fit and physically trained to participate in the Event. I acknowledge that I have consulted with my physician and have determined that I have no physical or medical condition which would endanger myself or others if I participate in the Event, or would interfere with my ability to safely participate in the Event. I understand and acknowledge the dangers associated with the consumption of alcohol and/or drugs before, during and after the Event and I recognize that consumption of alcohol and/or drugs might impair my judgment and/or motor skills. I assume full responsibility for any injury, loss or damage associated with my consumption of alcohol and/or drugs.

On behalf of myself, my executors, administrators, heirs, next of kin, personal representatives, successors and assigns, and anyone else who might sue on my behalf, I HEREBY WAIVE, RELEASE, and FOREVER DISCHARGE the YMCA, all Event sponsors, Event producers, Event staff, administrators, officials, contractors, vendors, organizers, race directors, volunteers, all other persons or entities involved with the Event, states, cities, towns, and other governmental bodies and locations in which the Event or portions of the Event takes place, and the officers, directors, shareholders, members, partners, employees, agents, insurers, other participants and representatives of all of the above (collectively, the "Released Parties"), from any and all claims, causes of action, damages, losses (economic and non-economic), and liabilities of every kind (collectively "Claims"), which may arise out of, result from, or relate to my participation in, or my traveling to or from, the Event, including but not limited to any Claims for death, personal injury, property damage, theft, negligence (including on the part of any Released Party), partial or permanent disability, Claims relating to the provision of first aid, medical care, medical treatment, or medical decisions (at the Event site or elsewhere), and any Claims for medical or hospital expenses.

I acknowledge and ASSUME ALL OF THE RISKS and aspects of the Event. I acknowledge that race events are inherently dangerous and I understand that I will be participating in the Event at my own risk, that I am responsible for the risk of participation in an Event, and that I am waiving and releasing my legal rights to sue for any injury or damages arising out of or resulting from my participation in the Event. I further understand that any injury or damages incurred, which are waived as provided in the paragraphs above, may be the result of negligence, omission or carelessness by the Released Parties. I AGREE that prior to participating in an Event I will inspect the race course, facilities, equipment, and any surrounding areas to be used, and if I believe or become aware that any are unsafe, I will immediately advise the race officials.

I FURTHER GRANT to Event organizers, YMCA, and their licensees the right, permission, and authority to use my name, voice, picture, or photograph, in any broadcast, telecast, commercial advertisement, promotion, or other account of an Event, and I WAIVE any rights to future compensation to which I might otherwise have been entitled for such use.

I FURTHER COVENANT and AGREE NOT TO SUE any of the Released Parties for any of the Claims that I have waived, released, or discharged herein or the license provided herein. I AGREE TO INDEMNIFY and HOLD HARMLESS the Released Parties from any and all expenses incurred, Claims made, or liabilities assessed against them, including but not limited to attorneys' fees and litigation expenses, arising out of or resulting from, directly or indirectly, in whole or in part, my breach or failure to abide by any part of this Waiver Agreement (including, without limitation, my failure to honor the waiver, release and discharge or the license provided herein) and my actions or inactions which cause injury or damage to any other person or property.

The undersigned represents that he or she is at least 18 years of age or the parent or legal guardian of the Event participant. The parent or legal guardian who signs the Waiver Agreement on behalf of a minor, incapacitated and/or mentally challenged person (hereinafter "Said Person"), hereby acknowledges that he or she has the legal capacity and authority to act on behalf of Said Person to legally bind Said Person to the Waiver Agreement. The parent or legal guardian who signs the Waiver Agreement agrees to indemnify and hold harmless the Released Parties for any expenses incurred, Claims made, or liabilities assessed against them, as a result of any insufficiency of legal capacity or authority to act on behalf of Said Person in the execution of the Waiver Agreement. If any provision of this Waiver Agreement shall be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Waiver Agreement and shall not affect the validity and enforceability of any remaining provisions.

Participant's Signature: \_\_\_\_\_

Participant's Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_ Age (as of July 4, 2011): \_\_\_\_\_

I am the Mother/Father/Legal Guardian of the Participant. For the consideration contained herein, I hereby consent to the foregoing on behalf of the Participant.

Signature of Mother/Father/Legal Guardian: \_\_\_\_\_