

**The whole family  
can participate!  
This 5K or 1 Mile  
Run/Walk with  
a Boot Camp  
twist is for  
everyone.**

**Let our drill  
sergeants test  
your limits by  
adding Boot  
Camp stations  
along the course  
for maximum  
fun!**

***This is not a  
timed event .  
Everyone is a  
winner!***

**YHEALTH & FITNESS™**  
We build strong kids, strong families, strong communities.

**Santa Maria Valley YMCA  
3400 Skyway Dr  
Santa Maria, CA 93455**

**Return Service Requested**

**Non-Profit  
U.S. Postage  
PAID  
Santa Maria, CA  
Permit # 129**

**First Annual  
Santa Maria Valley  
YMCA**

***BOOT CAMP  
Run/Walk  
5K or 1 Mile***



**Date:  
07/25/2009**

**Registration: 8am  
Start: 9am**

# YMCA BOOT CAMP RUN/WALK Registration Form

I understand and acknowledge while participating in the SMVYMCA Boot Camp Run/Walk that this activity, by its nature, poses a potential risk of injury to those who participate.

I understand and acknowledge that participation in this activity is completely voluntary. In order to participate in this activity, I agree to assume liability and responsibility for any and all potential risks which may be associated with participation in this Run/Walk.

I understand, acknowledge, and agree that the YMCA, its employees, officers, agents, or volunteers shall not be liable for any injury/illness suffered by me/us which is incident to and/or associated with preparing for and/or participating in this activity.

Signed \_\_\_\_\_

Date \_\_\_\_\_

All registrations received by July 15, 2009 will get a participant T-Shirt

For more information please contact  
Lisa Niedrauer at [lniedrauer@smvymca.org](mailto:lniedrauer@smvymca.org)  
or  
Eleanor Byars at [ebyars@smvymca.org](mailto:ebyars@smvymca.org)  
805-937-8521  
[www.smvymca.org](http://www.smvymca.org)

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Shirt Size  
XS S M L XL XXL

Course Length-Please choose one.  
5k 1Mile

Cost:  
**YMCA Member-\$20**  
**Non-Member-\$30**  
 There will be no refunds due to inability to participate.

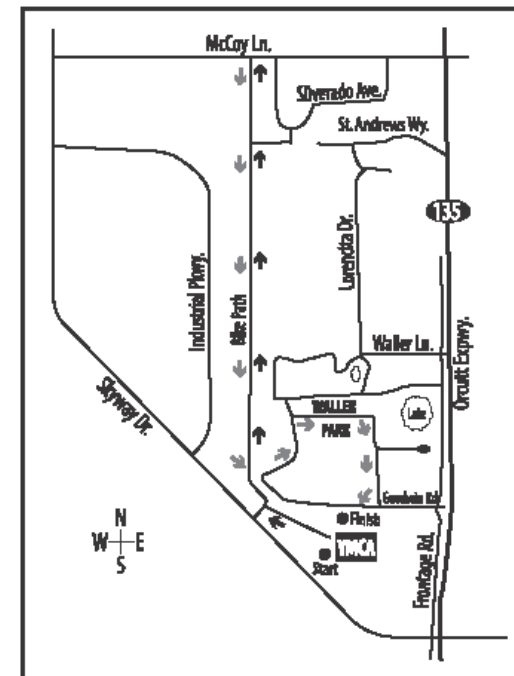


## Santa Maria Valley YMCA



### Run/Walk Course

3400 Skyway Drive • Santa Maria, CA 93455  
[www.smvymca.org](http://www.smvymca.org)  
 (805) 937-8521



**YHEALTH & FITNESS**  
we help you get started, stay motivated, and reach your goals.