



# 5K RUN

## 2 MILE WALK & KIDS FUN RUN

### NOVEMBER 7, 2009

# FOUR STATES FLATTEST

FREEMAN SOUTHWEST FAMILY YMCA



**CHIP TIMING**  
by Ozark Racing Systems

**Course Map**

**Freeman Southwest Family YMCA  
Four States Flattest  
5K Run / 2 mile Walk/ 2 mile Kids' Run  
Saturday, November 7, 2009  
Neosho, Missouri**

**8:30 am Race Day Registration and Packet Pick-up**

**9:30 am Race Begins (Walkers begin behind runners)**

Post-Race Celebration & Awards after completion of all events

*Pre-registration packet pick-up begins Friday,  
November 6 from 5:00-9:00 pm at the YMCA.*

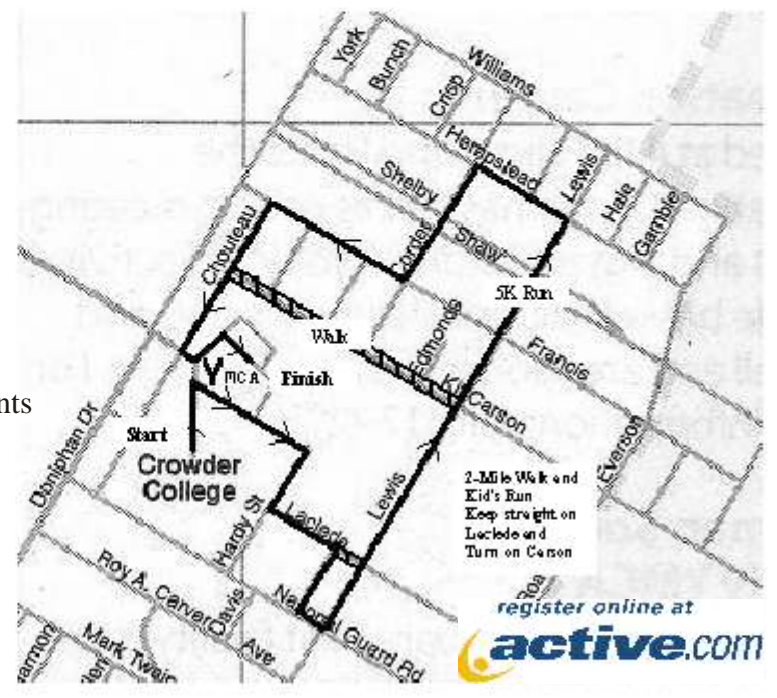
**Additional Maps of the courses can be found at:**

5K Run Map

<http://www.usatf.org/routes/view.asp?rID=228361>

2 Mile Walk / Kid's Run Map

<http://www.usatf.org/routes/view.asp?rID=228415>



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**Race Awards:**

All Participants receive an official Four States Flattest T-shirt. All Walkers and Kids' Run (12&U) participants receive participation medals. 5K Overall Female and Male trophies and Age Group trophies 1<sup>st</sup>-3<sup>rd</sup> for male and female divisions for the 5K Run will be:

<b>19-U</b>	<b>30-39</b>	<b>50-59</b>
<b>20-29</b>	<b>40-49</b>	<b>60+</b>

**The Course:**

This course is a certified, flat 5K Course that lends itself to personal best times. Race begins just behind the Freeman Southwest Family YMCA and runs through Neosho Industries and Crowder College areas, ending at the Freeman Southwest Family YMCA. All areas are low traffic and the course is monitored. (Map on front of form)



<b>Runners/Walkers Pre-registration Fee</b>	<b>\$20</b>
<b>Day of Race Registration Fee</b>	<b>\$25</b>
<b>Kids Fun Run (12 &amp; Under)</b>	<b>\$10</b>
<i>All proceeds benefit the YMCA Strong Kids Campaign</i>	

**Four States Flattest Registration Form**

Please print. Make checks payable to: Freeman Southwest Family YMCA.

Name \_\_\_\_\_ Male \_\_\_ Female \_\_\_ Event: Run \_\_\_ Walk \_\_\_ Kids' Run \_\_\_  
(12&U)

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Birthday \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ T-shirt Size Youth: \_\_\_S \_\_\_M Adult: \_\_\_S \_\_\_M \_\_\_L \_\_\_XL \_\_\_XXL

**Waiver:**

I understand that the Freeman Southwest Family YMCA assumes no responsibility for injuries or illnesses which I may sustain as a result of my physical condition or resulting from my observation or participation in any activity or use of the facilities or equipment used for YMCA activities. I expressly acknowledge on behalf of myself and my heirs that I assume the risk for any and all injuries and illnesses which may result from my participation in these activities. I hereby release and discharge the Freeman Southwest Family YMCA, its agents, servants and employees from any and all claims of injury, illness, death, loss or damage which I may suffer as a result of my participation in these activities.

Property Loss: I understand that the YMCA is not responsible for personal property lost, damaged or stolen while members and/ or program participants are using the YMCA facilities or are on the YMCA program premises. I have read and voluntarily signed this waiver and release from liability.

Participant's or Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

Method of Payment: \_\_\_Cash \_\_\_Check \_\_\_Mastercard \_\_\_Visa

Cardholder \_\_\_\_\_ Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Office Use Only: Receipt # \_\_\_\_\_ Amount \_\_\_\_\_



Register online at [www.active.com](http://www.active.com) or at the Freeman Southwest Family YMCA, online at [www.ymcaswmo.org](http://www.ymcaswmo.org), by fax with credit card to 417-455-9998, or mail to YMCA, 4701 Chouteau Ave., Neosho, MO 64850 Registration Fee must accompany registration form. Race will be held rain or shine. **NO REFUNDS.**

**YMCA Mission: To put Christian Principles into Practice through Programs that Build Healthy Spirit, Mind and Body for all.**