



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



5K Run/Walk
10K Run

Children's
Races
and
Dog Walk



Register
online
at

ymcaoc.org/ritp



ymcaoc.org



RUN FOR FUN ON THE 4th

40th Annual Run in the Parks
LAGUNA NIGUEL FAMILY YMCA

Wednesday, July 4th, 2018

Run in the Parks is a **4th of July Tradition!**

Races are held through the Crown Valley
Community and Laguna Niguel Regional
Parks. Proceeds benefit the YMCA
Scholarship Program.



40th ANNUAL RUN IN THE PARKS

July 4th, 2018

LAGUNA NIGUEL FAMILY YMCA

Run in the Parks is an Independence Day tradition. Races are held through the Crown Valley Community and Laguna Niguel Regional Parks.

The YMCA is a nonprofit charity that serves the entire community. Event proceeds support YMCA scholarships.

LOCATION

LAGUNA NIGUEL FAMILY YMCA
29831 Crown Valley Parkway, Laguna Niguel, CA 92677
Races begin at the Crown Valley Community Park soccer fields.

RACE DAY - July 4th, 2018

Time	Event
6am	Race Day Registration Opens
7:30am	5K Run/Walk & 10K Run
7:30am-11am	Chamber of Commerce Breakfast
9:30am	Kid's Races

REGISTRATION

- Online at active.com or ymcaoc.org/ritp
- By mail (through 6/18/18)
- At the Laguna Niguel Family YMCA

REGISTRATION PACKET PICKUP TIMES

(LAGUNA NIGUEL FAMILY YMCA)

July 2nd	12pm-6pm
July 3rd	10am-6pm

RACE ENTRY INCLUDES

- Run In The Park T-shirt or Dog Bandana
- Runner or Dog Goodie Bag
- Pancake Breakfast Ticket
- Children's Race Medals
- 1st-3rd Place Medals for 5K & 10K Divisions



4th of July

RUN IN THE PARKS

Registration Information

Name (Last, First) _____

Address _____

City _____ State _____ Zip Code _____

Sex _____ Age _____ Birthdate ____/____/____

Email _____

Daytime Phone _____

Check Credit Card Visa Mastercard Discover

Name on Credit Card (Last, First) _____

Credit Card# _____ CV# _____

(Last 3 digits on back of card)

Total amount enclosed \$ _____

Signature _____ Exp Date ____/____/____

Mail to: **LAGUNA NIGUEL FAMILY YMCA**
29831 Crown Valley Parkway, Laguna Niguel, CA 92677

Note: This entry will **NOT** be accepted without participant's signature (or signatures).

In consideration of my entry being accepted, I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for damage, which I have, or which may herein after accrue to me, against all sponsors, the Run in the Parks Run Committee and all Officials concerned, Laguna Niguel Family YMCA, or their respective office agents, representatives, successors, and/or assigns for any and all damages, which may be sustained or suffered by me in connection, with my association with, or entry and participation in, and/or arising out of my traveling to, participation in and returning from said Run in the Parks. I furthermore certify that I have undergone a recent physical examination by a physician and/or that I have been enjoying good health, judging from my day-to-day evidence and that I know of no physical or mental condition which may possibly be aggravated or become hazardous to my health, through my participation in this event.

The YMCA may use and reproduce my name, voice and likeness in any and all photographs, sketches, and motion pictures taken or made of me are the YMCA's property and I waive any right of inspection or review. Parents or guardian's signature is needed if entrant is under 18 years of age-this is to certify that my son/daughter has my permission to compete/participate in this event, is in good physical condition, and that the event officials have my permission to authorize first aid if necessary. **SORRY NO REFUNDS, EVENT HAPPENS RAIN OR SHINE.**

Adult Race Options & Fees				Division <small>Please select one</small>		
• Adult Entry fee	Before 6/18	After 6/18	Race Day	<input type="checkbox"/> 12 & younger	<input type="checkbox"/> 35-39	<input type="checkbox"/> 60-64
<input type="checkbox"/> 5K Run/Walk	\$35	\$40	\$45	<input type="checkbox"/> 13-19	<input type="checkbox"/> 40-44	<input type="checkbox"/> 65-69
<input type="checkbox"/> 10K Run	\$35	\$40	\$45	<input type="checkbox"/> 20-24	<input type="checkbox"/> 45-49	<input type="checkbox"/> 70-74
				<input type="checkbox"/> 25-29	<input type="checkbox"/> 50-54	<input type="checkbox"/> 75+
				<input type="checkbox"/> 30-34	<input type="checkbox"/> 55-59	
Under 12 Kids Race Options & Fees				Distance/Division <small>Please select one</small>		
• Kids Race Entry fees	Before 6/18	After 6/18	Race Day	<input type="checkbox"/> 1 mile	(8-12yrs recommended)	
One Child	\$20	\$25	\$25	<input type="checkbox"/> 1/2 mile	(6-12yrs recommended)	
				<input type="checkbox"/> 1/4 mile	(4-6yrs recommended)	
				<input type="checkbox"/> 25 yards	(0-4yrs recommended)	
Dog Race Options & Fees						
• Dog Entry fee	Before 6/18	After 6/18	Race Day			
5K Run/Walk	\$10	\$15	\$15			