

Saturday, July 24th at the James River YMCA

Race Day Registration
8:00 am

Start Time
9:00 am



RUN BIKE RUN

Individuals or 2 or 3 person relay teams will run 3 Miles from the YMCA to the Jamestown Marina, bike 9 miles, covering a 3 mile loop three times and the run another 3 miles to the finish at the YMCA. Teams can divide the legs anyway they wish. The event can be as competitive as you would like. There will be no official time taking. The idea is to have fun and enjoy the beautiful Jamestown Reservoir scenery and the great outdoors.

COSTS:

- Individuals—\$20
- 2 person relay team—\$35
- 3 person relay team—\$50

Awards will be given to the first place male and female in the individual category and first place in the team categories. Stay for refreshments and a picnic lunch after the race and random prize drawings.

CONTACT INFORMATION:

YMCA
918 7th Street NE
Jamestown, ND 58401

Phone: 701-253-4101

Web Site:

www.jamestownndymca.org



YMCA RUN BIKE RUN REGISTRATION FORM

Saturday July 24, 2010

PARTICIPANT INFO: (For teams—Please fill out an entry form for each member and submit them together.)

Last Name	First Name	MI	
Street Address	City	State	Zip Code
Date of Birth	Age on Race Day	<input type="checkbox"/> Male <input type="checkbox"/> Female	
E-Mail	Phone # (include area code)		

Individual Entry _____

Individuals— \$20

Two Person Team _____

2 person Relay team—\$35

Three Person Team _____

3 person relay team— \$50

In consideration of this entry being accepted, I the undersigned, intending to be legally bound, hereby for myself or anyone entitled to enact on my behalf, waive and release any and all rights and claims for damages that I may have against the YMCA, any officials, or promoters of this race, all sponsors, volunteers, and workers for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and sufficiently trained for the completion of this race. Fee is non-refundable.

Signature (IF under 18, parent or guardian signature is required)

Date

Amount Enclosed: \$ _____

Mail To: **James River YMCA**
918 7th Street NE
Jamestown, ND 58401