



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Berkeley Heights YMCA

## 10th Annual Mother's Day 5K Run/Walk

Sunday May 8<sup>th</sup> 9:00 a.m. at Memorial Park

Be part of the Summit Area YMCA's historic 125<sup>th</sup> Anniversary!

### REGISTRATION

7:30-8:30am

### COST

\$20.00 before April 30th, \$25.00 thereafter

### AWARDS

M/F overall, M/F (3 deep) 19 & under, 20-29, 30-39, 40-49, 50-59, 60 and over

### TIMING

[www.bestrace.com](http://www.bestrace.com)

Name \_\_\_\_\_ Age on 5/8/11 \_\_\_\_\_  
M / F  
Address \_\_\_\_\_ City \_\_\_\_\_ St \_\_\_\_\_  
Zip \_\_\_\_\_  
Phone # (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

T-Shirt guaranteed to all pre-registered runners.

ADULT	Small	Medium	Large	X Large
YOUTH	Small	Medium	Large	X Large

The YMCA, the Town of Berkeley Heights, their leaders, officers, sponsors and/or anyone else connected with the race shall not be liable for any injuries, illness, loss or damage to any person or property as a result in participation of this race. Each participant assumes the risk associated with a running event. I release any and all liability attributed in any legal way to the aforementioned groups. I attest to the best of my knowledge that I am physically fit and am able to compete in the Mother's Day 5K.

Please Sign (parent if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Make checks payable and mail to: Berkeley Heights YMCA C/O Lisa Monaghan,  
550 Springfield Ave, Berkeley Heights, NJ 07922.  
908.464.8373

The Summit Area YMCA is one of the area's largest nonprofit organizations. We are committed to making our Y programs and services available to everyone. If you need financial assistance, ask any Y staff member how to apply. If you can help us help others, make a contribution to our historic \$2 million 125<sup>th</sup> Anniversary Campaign in 2011. DONATE ONLINE at [www.theSAY.org/support](http://www.theSAY.org/support)

# 125 YEARS... OUR STORY AND YOURS