



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **TEAM 13 TRAINING sponsored by Vectren**

The YMCA of Southwestern Indiana is offering a thirteen week training program for individuals who are interested in training for a distance event. The ultimate goal is to help all fitness levels complete the Evansville Half Marathon presented by Integra Bank on Sunday, 10.9.11.

- \$20 for Y members, \$30 for non members
- T-shirt to the first 600 registrants, Email updates, Special "Team 13" half marathon race number
- Camaraderie, support and much more!

Training runs July 12—October 6. Trainings will be held on Tues. and Thurs. at 6:00 pm and Saturdays at 7:00 am. The Team 13 Informational Open House will be held on Saturday, July 9 from 7:30 to 10:00 am at the Downtown YMCA. Please complete the form below and return it to the YMCA. A schedule of mileage and locations will be provided upon registration. For more information, please contact Sally Kroeger at 426-6210 ext. 3331.

**Please** \_\_\_\_\_ **Note:** It is recommended that you see your physician before undertaking any new or strenuous activity.

**Name** \_\_\_\_\_ **Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_ **DOB** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Email** \_\_\_\_\_ **Y Member? Yes** \_\_\_ **No** \_\_\_

**Emergency Contact:**

**Name** \_\_\_\_\_ **phone** \_\_\_\_\_ **Name** \_\_\_\_\_ **phone** \_\_\_\_\_

**RELEASE: I AGREE TO INDEMNIFY, HOLD HARMLESS AND DEFEND THE YMCA OF SOUTHWESTERN INDIANA, INC. AND ITS RESPECTIVE OFFICERS, DIRECTORS, AGENTS, AND ALL SPONSORS AND VOLUNTEERS FROM AND AGAINST ANY CLAIM, LIABILITY OR ACTION ARISING OUT OF ANY INJURY OR DEATH AS A RESULT OF MY PARTICIPATION IN THIS TRAINING PROGRAM. I FURTHER GRANT PERMISSION FOR THE USE OF MY NAME AND PHOTOGRAPHS FOR PUBLICITY AND PURPOSES TO PROMOTE YMCA ACTIVITIES. THIS RELEASE IS BINDING ON THE UNDERSIGNED, HIS/HER HEIRS, LEGAL REPRESENTATIVE AND ASSIGNS.**

\_\_\_\_\_  
**Participant's Signature (Parent or guardian's signature if participant is under 18)**

\_\_\_\_\_  
**Date**

The YMCA of Southwestern Indiana, Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind and body.