



2016-2017 Fast Feet
5K & 10K Series of Runs & Fun Walks

Kids are able to participate for FREE. With grant support from the Foundation of YRMC, to encourage youth to get active and be healthy, we are able to offer our annual 5K/10K Runs and Walks for FREE to the first 100 school children in kindergarten through eight grade that register.

Note: A child may participate in all of the runs/walks, but can only be registered for one run/walk at a time. Register in advance or on-site as long as space is available.

Upon completion of each run/walk, all Fast Feet participants will receive their official running time (except the Zombie Run, which is not timed) and be recognized during the medal presentation with special tokens earned for completing the 5K Run (3.1 miles) or the 10K Run (6.2 miles).

Registration starts: August 25 for City of Yuma residents, and September 2 for all others

Fast Feet 5K & 10K Series of Runs & Fun Walks

Name: _____ DOB: _____ Grade: _____ Male/Female
Address: _____ City/State: _____ Zip Code: _____
Home Phone: _____ E-mail Address: _____

Please check one only: [] 5K Run [] 10K Run [] 5K Fun Walk

Please Check One Only:

- [] Zombie 5K Run & Party October 8, 2016 - Deadline: Thursday, October 6, 2016 by 1:00pm
[] Turkey Trot November 12, 2016 - Deadline: Thursday, November 10, 2016 by 1:00pm
[] Reindeer Round-Up December 17, 2016 - Deadline: Thursday, December 15, 2016 by 1:00pm
[] New Year's Resolution January 7, 2017 - Deadline: Thursday, January 5, 2017 by 1:00pm
[] Great Yuma Road Race February 11, 2017 -Deadline: Thursday, January 30, 2017 by 1:00pm. All participants who register by January 5, 2017 at 8am will receive a t-shirt. Race will begin at 15th Street and 4th Avenue and end at Gateway Park)
[] March on City Finals: March 4, 2017 - Deadline: Thursday, March 2, 2017 by 1:00pm

I, the undersigned hereby release the City of Yuma Parks & Recreation Department; it's instructors, leaders, supervisors, staff & volunteers of any liability that may incur while participating in the 2015/2016 5K/10K Runs & Fun Walks.

Signature (Must be signed by parent/guardian if under 18)

Cell Phone #

For more information please contact Yuma Parks and Recreation at 928-373-5200