

# REGISTER TODAY!

Name: \_\_\_\_\_ M: \_\_\_\_\_ F: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Y Member? \_\_\_\_\_ Birthdate: \_\_\_\_\_ Spouse's Name: \_\_\_\_\_

Your participation in the Y Striders Running Club is at your own risk. If you choose to participate, you waive any and all claims against the Y Striders Running Club and the Treasure Valley Family YMCA. The YMCA advises you to consult with your doctor and ensure he/she agrees that participation in the Y Striders Running Club is appropriate for your current state of health.

I have read and understand this disclaimer.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

.....

Cut your registration form and mail into:

Y Striders  
P.O. Box 1875  
Boise, ID 83701

Contact:

PH: 344 5501

EM:

[www.ymcatvidaho.org](http://www.ymcatvidaho.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Y Striders Running Club

# A RUNNING CLUB FOR ALL AGES & ABILITIES

Take off from the Downtown YMCA on **SATURDAY MORNINGS** with running peers who support and care for you!

Runners and walkers of all ages and abilities welcome!

**\$15 / year**

Y membership not required

Meet at the Downtown Family YMCA

All types of courses available: long, short, flat, hilly, slow, fast

### **SATURDAY START TIMES:**

**7 a.m. Faster Runners**

**8 a.m. Others**

**(All start at 7 a.m. during summer)**



To register, fill out the back and return to the address noted.

For more info, contact:

344 5501

[ymcatvidaho.org](http://ymcatvidaho.org)

The Y. So Much More™