



CHALLENGING OUR  
COMMUNITY  
IMPROVING HEALTH



# Y to Y Challenge

MIFFLINBURG YMCA TO LEWISBURG YMCA AT THE MILLER CENTER

7.5 mile Run/Walk

Benefits Youth Programming

**SATURDAY, SEPTEMBER 17, 2022 - 8:30AM**

- Flat course along the Buffalo Valley Rail Trail
- Race bib pick-up and race day registration: 7:00-8:20am at the starting line
- Starting line: On the Buffalo Valley Rail Trail at Meadow Green Drive, Mifflinburg PA 7844 (near Weis Markets)
- Finish line: The Lewisburg YMCA at the Miller Center, 120 Hardwood Drive, Lewisburg PA 17837
- Parking and Bus Transportation is available from the Lewisburg YMCA at the Miller Center (finish line) to the starting line in Mifflinburg at 7:15am (There is no busing after the event.)
- Swag bag pick-up at the finish line.
- Registration: Visit [www.gsvymca.org](http://www.gsvymca.org) (scan QR code) or complete and mail the form below
- Registration Fee: \$30 if received by August 18, 2022, guaranteed T-shirt.  
\$35 August 19 through race day, T-shirt while supplies last. Event limited to the first 100 registrants.
- Awards: First overall male and female finishers. Top male and female finishers in each age division. (There will be no duplication of awards given.) Electronic race timing by Falcon Race Timing



## Y to Y Challenge 2021

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone # \_\_\_\_\_  
 Age & D.O.B. \_\_\_\_\_  
 Email \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_  
 Contact's Phone # \_\_\_\_\_

Divisions -Please Circle  
 19 & Under    20-29    30-39  
 40-49    50-59    60+

Male    Female  
 Do you need bus transportation from the  
 Lewisburg YMCA to the starting line?  
 \_\_\_ Yes    \_\_\_ No

T-Shirt Size:    S    M    L    XL

### Registration Fee

Up to Aug. 18: \$30  
 Aug. 19 - Race Day: \$35

\_\_\_ Cash    \_\_\_ Check    \_\_\_ Credit Card

### Checks payable to: Mifflinburg YMCA

Mail to: 333 East Chestnut St,  
 Mifflinburg PA 17844

Information: Angela 570-966-7273  
[ahaines@gsvymca.org](mailto:ahaines@gsvymca.org)

Please sign the waiver on the  
 back of this form

Special Thanks to:



**Participant Release & Waiver of Liability and Indemnity Agreement**

**PLEASE READ CAREFULLY. THIS DOCUMENT AFFECTS YOUR LEGAL RIGHTS AND IS LEGALLY BINDING. BY SIGNING THIS AGREEMENT YOU ARE RELEASING GREATER SUSQUEHANNA VALLEY YMCA FROM ALL LIABILITY AND FOREVER GIVING UP ANY CLAIMS THEREFOR**

**Assumption of Risk**

I acknowledge and agree that any use of Greater Susquehanna Valley YMCA facilities, services, equipment and premises ("Facilities") and any participation in Greater Susquehanna Valley YMCA programs and activities ("Programs") comes with inherent risks including, but in no way limited to: (1) moderate and severe personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease. I voluntarily accept and assume full responsibility for these risks as well as any and all other risks of the use of Facilities and participation in Programs. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document.

**Waiver, Release, Indemnification & Covenant Not to Sue**

In consideration of the use of Facilities and participation in Programs I, the undersigned, agree that Greater Susquehanna Valley YMCA, its officers, directors, agents, employees, volunteers, insurers and representatives ("Releasees") will not be liable for any personal injury, property damage, disability, death, sickness or disease incurred by myself, my family members, dependents, or guests, including minors, however occurring including, but not limited to the negligence of Releasees. I understand that I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or disease sustained from the use of Facilities and participation in Programs.

I further agree, on behalf of myself and any and all legal successors and proxies, to release and **HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE** Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which I and any and all legal successors and proxies may have, now or in the future, against Releasees on account of personal injury, property damage, disability, death, sickness, diseases or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to the negligence of Releasees.

In further consideration of the use of Facilities and participation in Programs, I agree to **INDEMNIFY AND HOLD HARMLESS** Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs by myself, my family members, dependents or guests, including any minors.

**Weapons Policy:** I understand that The YMCA is a "Weapons-Free Facility" and agree to abide by its policy. I will, therefore, refrain from bringing any kind of weaponry on the premises.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Participant Name (Print Clearly)

\_\_\_\_\_  
Date

***If the person participating in the Activity or membership is not yet 18 years old: As a parent or legal guardian of the above named child, I verify that I fully agree to, understand, and accept all provisions of this Waiver, Release and Consent for myself, my child and our personal representatives, heirs, assigns, and next of kin.***

Signature \_\_\_\_\_ Printed Name \_\_\_\_\_

Date \_\_\_\_\_