



NONPROFIT ORGANIZATION U.S. POSTAGE **PAID** APPLETON, WI PERMIT NO. 27

COST	Received before	Received after
	6/30/11	6/30/11
ADULT 5K/10K	\$25	\$30
CHILD (12 & Under) 5K/10K	\$18	\$23
FAMILY (3 or more) (Immediate family only)	\$55	\$60
KIDS FUN RUN (12 & Under)	\$10	\$13

THANK YOU TO OUR SPONSORS



YMCA OF THE FOX CITIES
 218 E. Lawrence St.
 Appleton, WI 54956
www.ymcafoxcities.org



BRET YOUNGER

JULY 9, 2011

8:00AM

**10K RUN/WALK • 5K RUN/WALK
 KIDS 1/2 MILE
 FUN RUN**

Appleton North
 High School
 5000 N. Ballard Rd.
 Appleton, WI 54913





BRET YOUNGER 5K/10K RUN REGISTRATION FORM

Make Checks payable to:
Bret Younger Run
218 E. Lawrence St. • Appleton, WI 54911

Please Fill Out Separate Forms For Each Participant

Name: _____

Sex: M / F

Date of Birth: _____

Age on Race Day: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: () _____

Email Address: _____

Circle T-Shirt Selection

Youth M S M L XL XXL
(If registration is received after June 30, 2011, you are not guaranteed a t-shirt)

Circle Event: 5K 10K Kids Run

Total Enclosed: \$ _____

(For family rate, please submit all entries in the same envelope)

WAIVER (Must be signed)

I know that running or walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by a decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event, including but not limited to: falls, contact with other participants, effects of weather, including cold, high heat or humidity, traffic and conditions of the road; all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act in my behalf, waive and release all race officials and agents; the City of Appleton; and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event thought that liability may arise out of negligence or carelessness on the part of persons named and not named in this waiver. I certify I am an amateur and eligible to participate in this competition.

Entrant's Signature _____

(Parent or Guardian's Signature if entrant is under the age of 18)

START TIMES: 8:00AM - 5K & 10K Start
9:30AM - Kids Fun Run

10K RUN/WALK

Course winds through picturesque residential areas of Appleton, including 2 miles on the scenic Apple Creek Trail before heading back for a stadium finish at Appleton North High School. Water stations at 1, 3, & 5 miles.

5K RUN/WALK

Competitive & Recreational 5K will start and finish with the 10K participants. This 3.1 mile course is perfect for all ages. Water stations will be placed at mile 1 & 2.5 marks.

FAMILY EVENT

KIDS 1/2 MILE FUN RUN - Will take place on the Appleton North High School 400 meter outdoor track at the conclusion of the 10K.

- Participants will receive a T-shirt, participant ribbon, goodie bag and refreshments.
- Inflatables will also be available.
- Strollers, dogs and wagons are welcome.

For the safety of all participants, we encourage you to begin at the rear of the starting area.

AWARDS

Awards will be presented to the top three overall male and female participants in both the 5K & 10K. Awards will also be presented to the winner of each age group. Age groups are: 14 & Under, 15-19, 20-24, 25-29 etc.

NEW THIS YEAR!

- CHIP TIMING
- NO ONLINE REGISTRATION FEES
- ADDITIONAL H2O STATIONS
- EXPRESS PACKET PICK-UP

CHECK US OUT ON FACEBOOK!



REGISTRATION

By Mail: Please complete the attached entry form and enclose a check made payable to: Bret Younger Run. Entries must be postmarked by June 30, 2011 to guarantee a T-shirt.

Send entries to: Bret Younger Run
c/o YMCA of the Fox Cities
218 E. Lawrence St.
Appleton, WI 54911

For Family Rates, please submit all entries in the same envelope.

ONLINE REGISTRATION



RACE DAY REGISTRATION & PACKET PICK-UP

Saturday, July 9, 2011
6:30-7:45AM • Appleton North High School

PACKET PICK-UP

Friday, July 8, 2011
4:00-7:00 PM
Appleton YMCA • 218 E. Lawrence St. • Appleton

Packets may be picked up the morning of the race.

PERKS

- All participants will receive the following:
- Exclusive Bret Younger T-Shirt
 - Goodie Bag
 - Post Race Buffet (Including popsicle treat)
 - Post Race Massages

QUESTIONS:

920.954.7658 or
lkreger@ymcafoxcities.org

