



**2019 Sneakers and Snowflakes  
5K Run/Walk**



**Twin Pike Family YMCA & Eagle102 - 13th Annual Sneakers & Snowflakes Run**

**Where:** Louisiana Missouri Scenic Riverfront, Water St.  
**Date:** Saturday, January 26th  
**Register By:** January 11, 2019  
**Check In:** 8:30 - 9:15 a.m., Louisiana Boat Club off Water St. Louisiana, MO  
**Start Time:** 9:30 a.m.  
**Entry Fee:** \$25.00 Adult YMCA Members (if paid before Jan. 11), \$30.00 if paid after Jan 11)  
\$30.00 Adult Non - YMCA Members (if paid before Jan. 11), \$35.00 if paid after Jan 11)  
\$25.00 18 and under  
\$95.00 Any Group of 4 Runners

**Return Registrations to:**

Twin Pike Family YMCA \* 614 Kelly Lane \* Louisiana MO 63353  
PH: (573)754-4497 FX: (573)754-6330

**Name:** \_\_\_\_\_ **Birthdate:** \_\_\_\_\_ **Age:** \_\_\_\_\_  
**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_  
**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Phone:** \_\_\_\_\_  
**E-Mail address:** \_\_\_\_\_  
**YMCA Member** \_\_\_\_\_ **Non YMCA Member** \_\_\_\_\_ **Male** \_\_\_\_\_ **Female** \_\_\_\_\_ **Shirt Size** \_\_\_\_\_  
**Emergency Contact: Name** \_\_\_\_\_ **Number** \_\_\_\_\_

**\* MSHAA RUNNING SPORT OR CROSS COUNTRY PARTICIPANTS**

By participating in this race you will be jeopardizing your eligibility with your school.

In consideration of the foregoing, I hereby release the Twin Pike Family YMCA, Eagle 102 and the City of Louisiana from all damages, actions, or causes whatsoever, in any manner arising out of my voluntary participation in said run. I warrant that I have run/walked this distance and practiced regularly just prior to this event. I hereby release the Twin Pike Family YMCA, Eagle 102 and the City of Louisiana to use photos taken during the race for media purposes. ALL PARTICIPANTS UNDER 18 MUST HAVE PARENT/GUARDIAN SIGNATURE.

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

<b>YMCA USE</b>			
Payment : Cash	Check# _____	Amount Paid \$ _____	Date Received _____