



# YMCA 5K Run

Saturday,  
April 18, 2026

## RACE RATES AND TIMES

Race	Time	Registration Fee	Please check
1 mile	8:30 A.M.	\$20 Individual   \$60 Family	<input type="checkbox"/>
5K	8:00 A.M.	\$30 Individual   \$90 Family	<input type="checkbox"/>
T-Shirt Only		\$15, XXL and up add \$2	<input type="checkbox"/>

### REGISTRATION

In-person at the Albany Area YMCA, 1701 Gillionville Road in Albany or Lee Branch YMCA at 316 Robert B. Lee Drive in Leesburg or online at [www.albanyareaymca.com](http://www.albanyareaymca.com).

### PACKET PICK-UP

All materials including T-Shirts will be mailed. Please provide a valid mailing address. Packets (including shirts) will be mailed following the Chili Run. Please allow 4 weeks for shirt ordering and delivery after the event.

**PRIZES:** T-Shirt for each race entry (max of 4 shirts for family entry). Prizes are given to the top 3 finishers in 5K race. All participants will receive a medal

NAME \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_ GENDER: M / F / Other

ADDRESS \_\_\_\_\_ CITY/STATE/ZIP \_\_\_\_\_

EMERGENCY CONTACT PHONE # \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_

ALBANY AREA YMCA MEMBER? Y N

SHIRT SIZE: YXS YS YM YL AS AM AL AXL A2X A3X A4X A5X

*Waiver/Release: In consideration for being permitted to utilize the facilities, services, and programs of the YMCA for any purpose, including but not limited to observation or use of facilities or equipment, or participation in any program affiliated with the YMCA, without respect to location, the undersigned, for himself or herself and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgment that such premises and all facilities and equipment thereon and such affiliated programs have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use, or participation. The YMCA is legally mandated to report any suspicion of child abuse to the proper authorities. The applicant hereby gives permission for the YMCA to use, without limitation or obligation, photographs, film footage, or tape recordings which may include the member's image or voice for purposes of promoting or interpreting YMCA programs.*

**IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE, INCLUDING BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY PROGRAM AFFILIATED WITH THE YMCA, WITHOUT RESPECT TO LOCATION, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:**

1. THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in, upon, or about the premises or any facilities or equipment therein, or participating in any program affiliated with the YMCA, without respect to location.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with YMCA, without respect to location, whether caused by the negligence of the releasees or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITIES FOR AND RISK OR BODILY INJURY, DEATH, OR PROPERTY DAMAGE due to negligence of releasees or otherwise while in, about, or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon and/or participating in any program affiliated with the YMCA without respect to location.
4. THE UNDERSIGNED further expressly agrees that the forgoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of Georgia and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.
5. THE UNDERSIGNED HAD READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT & further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.
6. I HAVE READ AND AGREE WITH THE TERMS OF THIS RELEASE.

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

(or legal guardian if under 18 years old)



**ALBANY AREA YMCA | 1701 Gillionville Road, Albany, GA 31707 | 229-436-0531**