



the

Milton YMCA



# 24th Annual Spring Fling

## Saturday, June 17th

### Let's Go Further Together

To celebrate Milton's Bicentennial, join the Milton Y for the 1st year of our new weekend and our Spring Fling 5K, in addition to our One Mile Run.

**Registration 8 AM  
Races Begin 9 AM**

**One Mile Walk/Run**

**\$9 Pre-Registration (By June 16) \$10 Day of Race**

**NEW! 5K**

**\$18 Pre-Registration (By June 16) \$25 Day of Race**

**Kids Fun Run**

**All participants receive a t-shirt & medal.  
Ages 9 & Under, \$5**

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## Milton YMCA Spring Fling Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Gender M F Age \_\_\_\_\_

T-shirt \_\_\_\_\_

**PLEASE CHOOSE ONE:**

**One Mile Walk/Run**

**NEW! 5K**

**Kids Fun Run**

I hereby waive and release all rights and claims for damages I may have against the GSV YMCA and any associates of this event of any injuries suffered by me before, during or after the GSV YMCA Spring Fling events on June, 17, 2017. I attest and verify that I am an amateur, am physically fit, and have trained for this event.

Signature \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

Turn in Form & Entry Fee to: Milton YMCA 12 Bound Avenue, Milton, Pa 17847