

SPLASH & DASH KIDS DUATHLON REGISTRATION FORM - PRG #: 2050-206

FIRST NAME:	LAST NAME:																	
ADDRESS:	CITY:					STATE:			ZIP:									
PHONE:	EMAIL:																	
DOB:	/ /		CIRCLE ONE: M or F		Ch. S		Ch. M		Ch. L		Ch. XL		Ad. S		Ad. M		Ad. L.	
Age on race day: 5 - 6 yrs 7 - 9 yrs 10 - 12 yrs																		
SPLASH AND DASH DUATHLON TOTAL FEE:																		
<input type="checkbox"/> \$12 Y Member <input type="checkbox"/> \$7 Y Member Sibling Cash: _____																		
<input type="checkbox"/> \$15 Non-Member <input type="checkbox"/> \$10 Non-Member Sibling Exp. Date: ____/____/____																		

WAIVER: I understand that the YMCA of the Greater Twin Cities (YGTC) assumes no responsibility for injuries or illnesses that I or my child may sustain as a result of participation in any aquatic activities, swimming pool activities, sports programs, usage of any equipment, or exercise program. I hereby release YGTC, its agents, servants, and employees from any and all claims of injury, illness, death, loss or damage which I or my child may suffer as a result of any participant in these activities. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby hold harmless YGTC and its officers, directors, members, agents, and employees with respect to any and all injury, disability or loss of damage to person or property to the fullest extent of the law. By signing below, I acknowledge and understand the Release of indemnity and Waiver of Liability with the YMCA of the Greater Twin Cities.

Signature of Participant or Parent/Guardian (if under 18): _____ Date: _____

BLUE OUT 5K RUN REGISTRATION FORM - PRG #: 2050-205

FIRST NAME:	LAST NAME:																	
ADDRESS:	CITY:					STATE:			ZIP:									
PHONE:	EMAIL:																	
DOB:	/ /		CIRCLE ONE: MALE or FEMALE		S		M		L		XL		2XL					
TOTAL FEE: <input type="checkbox"/> \$25 BLUE OUT 5K BEFORE AUGUST 9, 2014 <input type="checkbox"/> \$30 BLUE OUT 5K AFTER RACE DAY Exp. Date: ____/____/____																		
PAYMENT: Check #: _____ Cash: _____																		
Credit Card: _____																		

WAIVER: Knowingly at my own risk, I hereby apply to enter this athletic contest, and hereby waive and release any and all claims for damages that I may incur as a direct result of my participation in this event against the sponsors, coordinating groups and any individuals associated with the event for said injuries. I verify that I have full knowledge of the event and that I am physically fit and sufficiently trained to participate. I have read and agree to the above waiver.

Signature of Participant or Parent/Guardian (if under 18): _____ Date: _____

 **Thrivent Financial for Lutherans**

 **SMW**
FEDERAL CREDIT UNION



A special thanks to:

BLUE OUT
5K RUN
&
KIDS SPLASH
& DASH

GET ACTIVE!



BLUE HERON DAYS 2014

August 15, 16, 17

Join us for the 11th annual
Blue Heron Days Celebration

For a complete schedule & more information visit
www.blueherondays.org

Friday August 15, 2014

8 p.m. Tavern on Main Street Dance

Saturday, August 16, 2014

Lino Park Events

10 a.m. – 4 p.m. Magic Bounce Inflatables
Noon – 4 p.m. Quad Chamber of Commerce
"Commerce & Crafts"
Business Expo
1 – 4 p.m. Lions Petting Zoo
1 – 4 p.m. Lino Lakes Parks and Recreation
Kiddie Carnival
3 – 4 p.m. Free Comfort Yoga

Other Events

8:30 a.m. Blue Out 5K Run at Rice Lake
Elementary School
9 a.m. – 1 p.m. CERT Team Blood Drive –
Centennial Fire Station 2
(7741 Lake Dr)
10 a.m. Splash & Dash Kids Duathlon at
the Lino Lakes Y (7690 Village Dr)
10 a.m. – 7 p.m. American Legion Family Picnic
11 a.m. Parade on Lake Drive
1 – 3 p.m. Centennial Fire Open House
(7741 Lake Drive)
8 p.m. Tavern on Main Street Dance

Sunday, August 17, 2014

11 a.m. – 5 p.m. Waldoch Farm Garden Tour/Corn Feed
(8174 Lake Drive)
4:30 p.m. Lino Lakes Ambassador Coronation
Centennial Middle School, 399 Elm Street

Please note that information is subject to change.

BLUE OUT 5K RUN

Join us for the 4th annual Blue Out 5K Fun Run sponsored by the Chain of Lakes Rotary and Lino Lakes Parks and Recreation. This Fun Run is a part of the Lino Lakes Blue Heron Days Celebration. All runners will enjoy a scenic 5K run through the Anoka County Chain of Lakes trail system. All runners will receive a t-shirt, goodie bag and snacks at the end of the race.

For more information call **651-982-2446** or visit
www.blueherondays.org

All proceeds of the Blue Out 5K will be donated to the Rotary STRIVE program.

Participants of the 5K race are asked to take part in the "Blue Out" theme for the race. All runners are encouraged to wear blue socks, shirt, shorts, hat, shoes, etc., anything and everything will help add to the 5K Run's "Blue Out" ambiance.

Location: Runners should report for registration and start line at Rice Lake Elementary. Buses will transport runners back to Rice Lake Elementary. The race will end at the YMCA.

Time: Race starts at 8:30 a.m., check in and registration starts at 7:30 a.m. at Rice Lake Elementary

Registration*: Is available on-line at www.ci.lino-lakes.mn.us – Program #: 2050.205 **OR** by mail/in-person at Lino Lakes City Hall (600 Town Center Parkway, Lino Lakes) or by fax 651-982-2439.

*REGISTRATION FORM ON REVERSE SIDE.

SPLASH & DASH KIDS DUATHLON



This fun event takes place to promote health lifestyles and friendly competition and is open to all kids ages 5-12 years.

Age Divisions:

10 - 12 years	150 yard swim	1-1/3 mile run
7 - 9 years	100 yard swim	2/3 mile run
5 - 6 years	50 yard swim	1/3 mile run

Kids will swim first, run second. Floatation devices are allowed and must meet YMCA safety guidelines. PFDs and noodles will be available. Volunteers will monitor run course, but parents are allowed to run with the younger participants. Water, snacks and first aid will be located at the Y.

For information, call **651-259-2121** or visit
www.linolakesymca.org

Location: Swim takes place at the indoor 25 yard pool at the Y (7690 Village Drive, Lino Lakes) & run takes place outdoors on county trails adjacent to the Y.

Time: Staggered starts by age groups being at 10:00 a.m., check-in and registration starts at 9:15 a.m. at the Y.

Cost: \$12 Y member, \$15 non-member. Additional siblings from the same family get a \$5 discount. **All Kids Splash & Dash participants must pre-register by 5 p.m. on August 14.** All participants who register by August 3 will receive a t-shirt.

Registration: Is available on-line at www.ci.lino-lakes.mn.us, Program #2050.206 **OR** by mail/in-person at the Y in Lino Lakes (7690 Village Drive) or by fax 651-784-7135

*REGISTRATION FORM ON REVERSE SIDE.