



TITLE SPONSOR



NSSC Spine Clinic

Neuroscience & Spine Center of the Carolinas

THE WARLICK FAMILY YMCA PRESENTS



Put on your best costume and get ready for fun on the Sytz Trail System at the Warlick Family YMCA. This 5K and Family Fun Run 1 mile race will weave through the trails allowing all to enjoy the fall colors and end at our after party!

8:00am 5K begins | 9:00am Fun Run begins | 9:30-11:30am After Party

THANK YOU TO OUR PLATINUM SPONSOR



THANK YOU TO OUR GOLD SPONSORS



See all our Trick-or-Trail sponsors at GastonYMCA.org

WARLICK FAMILY YMCA | GASTONYMCA.ORG

REGISTRATION FORM



PACKET PICK UP

Early Pick Up Friday, October 19 1:00-6:00pm. at the Warlick Family YMCA

Race Day Saturday, October 20 beginning at 6:30am

PRICING

Pricing through October 16

5K Race \$25 YMCA Members | \$30 Program Participants

1 Mile Fun Run \$15

Week of Registration

5K Race \$30 YMCA Members | \$35 Program Participants

1 Mile Fun Run \$20

To guarantee your t-shirt size register early. Additional race details are available at gastonymca.org.

REGISTER ONLINE AT RUNSIGNUP.COM OR VISIT GASTONYMCA.ORG AND CLICK ON TRICK-OR-TRAIL!

REGISTRANT INFORMATION

First Name: _____ Last Name: _____

Birth Date: _____ Email Address: _____

Address: _____

Gender: Male/Female Age Day of Race _____

Healthy Gaston Together Challenge: Yes No If yes, Company Name _____

Known Medical Conditions _____

Emergency Contact: _____ Emergency Contact Phone: _____

T-shirt size (please circle)	Youth Medium (10/12)	Youth Large (14/16)	
	Adult Small	Adult Medium	Adult Large
	Adult XL	Adult XXL	Adult XXXL

MAKE A DIFFERENCE

YES! I would like to donate \$20 toward camp, swim lessons, or scholarship program for a child in need

RACE WAIVER:

In entering this Race Series, sponsored by The Gaston County Family YMCA, and co-sponsors, I waive all claims for myself, my heirs, and anyone else acting on my behalf—should I die or be injured or become ill because of an accident or illness—against any sponsor, any sponsor's representative, all race staff and officials, and any person assisting on a voluntary basis or otherwise on public streets with vehicular traffic, including the risk of a vehicle striking me, and all other risks. I state that I am in proper physical condition for the races I enter. I waive all royalty consideration for photos of me taken during the race or on race day permitting any legal use without pay.

Signature: _____

Date: _____