



3rd Annual  
Lincoln County Family YMCA  
Jingle Bell 5K



**DATE/TIME:** Saturday, December 19, 2009 9:00 AM  
**EVENTS:** 5K Run/Walk  
 1 mile Fun Run/Walk will begin after the 5K  
**LOCATION:** Start and finish at Gaston College/Lincoln Campus  
 511 South Aspen Street, Lincolnton, NC 28092  
**HOSTED BY:** Lincoln County Family YMCA  
**COURSE:** Mostly flat, downtown neighborhoods and Marcia Cloninger Rail Trail  
**AGE GROUPS:** 1 Mile Run/Walk - 5 and Over  
 5K Run/Walk - 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-Over  
**AWARDS:** Award for top male and female overall 5K  
 Award for top male and female overall 1 Mile Run  
 Pottery Ornament Medals for top male and female in each age group  
 Award for **BEST Christmas Themed Costume**  
**Shirts guaranteed to the first 100 pre-registrants, then while supplies last.**

**REGISTRATION:** \$15 pre-registration by mail postmarked by December 9, 2009  
 After December 9<sup>th</sup>, \$22 until 8:30 AM on race day  
 \$10 Children 10 & under  
 Race Day registration closes at 8:30 AM

**INFORMATION:** YMCA, Jenny Drennen 704-716-4595 jenny.drennen@ymcacharlotte.org

**MAIL TO:** Jingle Bell 5K c/o Jenny Drennen  
 YMCA 1402 East Gaston Street, Lincolnton, NC 28092

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ PHONE \_\_\_\_\_

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

RACE (CHECK ONE ENTERING): 1 Mile \_\_\_\_\_ 5K \_\_\_\_\_ EMAIL: \_\_\_\_\_

SHIRT SIZE: YS YM YL AS AM AL AXL AXXL

In consideration of this entry being accepted, and desiring to be legally bound to myself, my heirs, administrators and assign, I hereby waive and release from liability any of the sponsoring groups to include but not limited to Lincoln County Family YMCA and any and all people or groups connected in any way with the Lincoln County Family YMCA Jingle Bell Runs for all and any injuries suffered by me on the way to, the way from and at said race. I further certify that I am physically fit for the run/walk. I also give my permission for the free use of my name and pictures in any broadcast, telecast, or written account of the race.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian Signature (if under 18) \_\_\_\_\_

Mission Statement: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

