



BLOOMSBURG AREA YMCA



Help us support our efforts on providing Chronic Disease Programs for free to community-members in need.

BloomSBurg Area YMCA Chronic Disease Programs include:

- **LiveSTRONG at the YMCA (Cancer-survivors)**
- **Sustainable Weight-Loss Program**
- **Diabetes Prevention Program**
- **Health & Wellness for Longevity**

SPONSORED IN PART BY:



*T-Shirt included when registered before 6/15/23

REGISTRATION OPEN: 8AM

1MI. FUN RUN START: 9AM

5K/10K START: 10AM



LOCATION:

WEISER STATE FOREST

Route 42 Parking Area
Roaring Creek Tract
Catawissa, PA 17820



FEES:

YOUTH (UNDER 12YO): \$15
12+ (BEFORE 6/15/23) \$25
12+ (AFTER 6/15/23) \$35



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RUN FOREST RUN 2023 REGISTRATION FORM

Name: _____ DOB: _____ Age: _____

Address: _____ City: _____

State: _____ Zip Code: _____

Phone #: _____ Email: _____

Race: Fun Run (1mi.) 5K 10K (circle)

T-Shirt Size: S M L XL XXL | Male or Female (circle)

*T-shirts guaranteed if registered by June 15th.

Release of liability:

In consideration of being accepted to run the Bloomsburg Area YMCA 2023 Run Forest Run Races, I assume all the risks associated with running or walking this race. Having read this release, I wave and release the YMCA, the Weiser State Forest, all sponsors, persons, and groups associated with this event from all claims to liabilities of any kind arising from my participation. I grant permission to all foregoing to use any photographs, motion pictures, recordings, or any other records of this event for legitimate purpose.

Participant Signature: _____

Date: _____

Parent/Guardian Signature (under 18): _____

Date: _____

Please make checks payable to:

Bloomsburg Area YMCA

You may mail your registration to: 30 E 7th St., Bloomsburg, PA 17815

(Registration must be RECEIVED by 6/15/2023 for a complimentary T-shirt).

You may also drop off your registration to the front desk, where you could also pay by cash or card.



FOR ANY QUESTIONS: cbenfield@bloomsburgymca.org