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DECATUR COUNTY FAMILY  
**YMCA**  
**100**  
 CELEBRATE A CENTURY  
 1914-2014



Decatur County Family YMCA  
 1 YMCA Way  
 Greensburg, In. 47240



FOR YOUTH DEVELOPMENT®  
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# Decatur County Family YMCA

**41st Annual TREE CITY RUN**  
**4th Annual PUMP AND RUN**



**10K RUN**  
**5K RUN**  
**5K WALK**  
**PUMP AND RUN**

Non-Profit Organization  
 U.S. Postage  
 YMCA  
 Permit No. 4  
 Greensburg, Indiana 47240

**Saturday, November 17, 2018**

**7:00-9:00am** Weigh in & lift for  
 Pump and Run

**8:30-9:45am** Packet pick up &  
 race

**10:00am** day registration  
 10K Run Begins

**10:05am** 5K Run/Walk Begins

## RACE HIGHLIGHTS

- Course certified by USA Track & Field
- Long sleeve, color t-shirt guaranteed, if preregistered
- Start & finish at the YMCA
- Post-race snacks and water
- Showers available!
- Flat course on varied terrain
- Excellent course support

## AGE GROUPS (Tree City Run)

12 & under; 13-19; 20-29; 30-39; 40-49; 50-59; 60+  
(overall winners are not eligible for age group awards)  
(there are no age groups for the 5K walk)

## AWARDS

- 5K & 10K top male and female finishers will receive a gift card and trophy
- Top 3 finishers per age group will receive medals
- Top 3 walkers will receive medals
- Top 3 finishers per age group in the Pump & Run will receive medals

## PUMP & RUN RULES - Must be 18 years old or older.

Athlete needs to complete at least one bench press and run the 5K. An athlete's run time will be reduced by 30 seconds for each consecutive bench press. For example, 10 lifts will reduce the run time by 5 minutes. Max. 30 reps, which allows the runner to reduce their run time by 15 minutes. Bar must touch the athlete's chest, & elbows must lock out, or a no-count will be given. 5K run is as 10:05am.

Age Groups (min. age 18)	Men (% of their weight)	Women
18-23	100%	70%
24-29	100%	70%
30-39	100%	70%
40-49	90%	60%
50-59	80%	50%
60-69	70%	40%
70 and over	60%	40%

(Min. lift 45lbs)

## SPECIAL THANKS TO OUR SPONSORS

### LEAD SPONSOR: BATESVILLE CHRYSLER DODGE JEEP

Honda Manufacturing of Indiana, Hygrade Excavating, MainSource Bank, Decatur County REMC, ETC, Ag Production Enterprises Inc., First Federal Savings & Loan, Fry's A&W Drive In, GECOM, Hilliard Lyons, Lowe's Pellets & Grain Inc., Miers Farm Corp., O'Mara Foods Inc., Williams Law Office PC, Decatur County Tourism

Holiday Inn Express, and Hampton Inn are offering special room rates for Tree City Run participants! Call 812-663-5500 (Holiday Inn Express), or 812-663-5000 (Hampton Inn), for reservations and mention Tree City Run

## DECATUR COUNTY FAMILY YMCA 41st ANNUAL TREE CITY RUN 4th ANNUAL PUMP AND RUN REGISTRATION FORM



Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Age on 11-17-18 \_\_\_\_\_

Male/Female: \_\_\_\_\_

**MUST BE 18 TO PARTICIPATE IN  
PUMP AND RUN**

Check One: 5K walk \_\_\_ 5K run \_\_\_ 10K run \_\_\_ Pump & Run \_\_\_

Shirt Size: YS \_\_\_ YM \_\_\_ YL \_\_\_ AS \_\_\_ AM \_\_\_ AL \_\_\_

AXL \_\_\_ AXXL \_\_\_

Please circle one of the following:

Tree City Run registration fee on or before Nov. 10th: **\$20**

Tree City Run registration fee Nov. 11th-17th: **\$25** (t-shirt not guaranteed)

Tree City Pump and Run registration fee on or before Nov. 10th: **\$30**

Tree City Pump and Run registration fee Nov. 11th-17th: **\$35** (t-shirt not guaranteed)

Please make checks payable to:

Decatur County Family YMCA

Please return registration form to:

Decatur County Family YMCA

1 YMCA Way

Greensburg, In. 47240

Questions? Contact us at: 812-663-9622,

amyk@dcfymca.org, or

www.decatourcountyfamilyymca.org

If paying by credit card:

Name on Card: \_\_\_\_\_

Card # \_\_\_\_\_

Security Code: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Circle one: MasterCard VISA Discover American Express

### ALL PARTICIPANTS MUST SIGN THE WAIVER:

I hereby waive and release any and all rights and claims for damages I have against the sponsors, officials, and the Decatur County Family YMCA for any injury that I may suffer during my participation in the Tree City Run scheduled to be held on November 17, 2018. I attest that I am physically fit and have trained for this event, and that I am entering this event of my own free will.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian signature for minor under 18 yrs of age: \_\_\_\_\_

# COURSE CLOSSES AT 11:30AM