

IMPORTANT INFORMATION

Date: Halloween, Saturday, Oct. 30, 2010

Start Times:

- 5K begins at 9am
- 1 Mile Kids Run begins at 10am

Location: Santa Fe Trail in Palmer Lake, CO

Directions: From I-25, take Monument Exit 63. Go west on Hwy 105 to the town of Palmer Lake. Park on the west and south sides of the lake.

Kids Run:

- Free
- Children 12 years old and younger
- T-shirts not included
- Ribbons to all Kids Run finishers

Awards:

- Immediately following the race
- Given to top 3 finishers in each division

Age Divisions for 5K:

0-8, 9-11, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & older

Results will be posted on www.ppymca.org following the race and www.pprun.org

Costumes: Costumes are encouraged. Please ensure that the vision of runners is not impaired and that costumes are family friendly.

Packet Pick-up:

Tri-Lakes Family Center

- Thursday, Oct. 28 from 4-7pm
- Friday, Oct. 29 from 10am-7pm

Race Site

- Saturday, Oct. 30 from 6:30-8:45am

Contact for more information:

- abarton@ppymca.org
- 719.481.8728
- www.ppymca.org/creepycrawl

HOW TO REGISTER

Early Bird Registration:

- \$20
- Prior to Oct. 30
- Includes T-shirt

Race Day Registration:

- \$17
- T-shirt not included
- T-shirt may be purchased for \$5 (while supplies last)
- Registration begins at 6:30am on race day at the race location

Where to Register:

In Person:

- All YMCA of the Pikes Peak Region Centers (visit www.ppymca.org for locations)
- U.S. Taekwondo Center (16328 Jackson Creek Pkwy)
- Colorado Running Company (833 N. Tejon)
- Runners Roost (107 E. Bijou)
- Boulder Running Co (3659 Austin Bluffs)
- The last day to register at the locations above is Oct. 25 at 5pm
- Early Bird walk-in registration will be accepted through Oct. 29, 6pm at the Tri-Lakes Family Center only.

On-line: Download a registration form at:

- www.ppymca.org
- www.active.com
- www.pprun.org

Mail-in: Tri-Lakes Family Center

Attn: Creepy Crawl Registration
17250 Jackson Creek Pkwy
Monument, CO 80132

(must be received no later than Oct. 25)

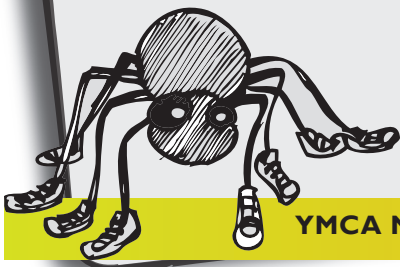
GET DRESSED UP FOR A WORTHY CAUSE

For Halloween this year, the Tri-Lakes Family Center invites your friends and family to scare-up some fun and help less fortunate families in the community.

The Creepy Crawl helps raise money to support the YMCA of the Pikes Peak Region's Annual Partners Campaign.

Funds raised will stay in the community and provide opportunities for lower income families to enjoy the benefits of YMCA membership, child care, sports and camp programs. By ensuring that no one is turned away due to the inability to pay, we are living our mission of building strong kids, strong families, and strong communities.

Put your costumes on, drink plenty of fluids, be sure to stretch, and join the community for this new Halloween tradition.



REGISTRATION

BIB# _____

Name: _____

Address: _____

City/State/Zip: _____

Male Female Age: (on race day) _____

E-mail: _____

Evening Phone: _____

Shirt Size: (Please check only one.)

S M L XL XXL

Check one: 5K Run Kids Run

PARTICIPANT WAIVER OF LIABILITY

In consideration of my participation in this event, I do hereby agree to hold free from any and all liability the YMCA of the Pikes Peak Region, PPRR, City of Palmer Lake and the respective officers, employees, and members, and do hereby for myself, my heirs, executors, and administrators waive, release, and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me arising out of or connected with my participation in this event of the YMCA of the Pikes Peak Region. I hereby do declare myself to be physically sound, having medical approval to participate in the Creepy Crawl event. I understand that I am solely responsible for my personal safety and welfare. I hereby give permission to use, without limitation, obligation, or compensation, film footage, tape recordings, and or photographs which may include my image or voice for promotional purposes. I understand that my name and address will possibly be shared with Runners World magazine for future promotional use.

NO PETS PLEASE. NO STROLLERS PLEASE.

Signature _____

(Parent Signature if under 18 years)

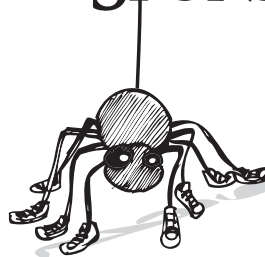
Date _____

FOR OFFICE USE

Amount Pd: _____

Staff Initials: _____ Date: _____

THANK YOU 2010 CREEPY CRAWL SPONSORS



GEJOHNSON
CONSTRUCTION COMPANY



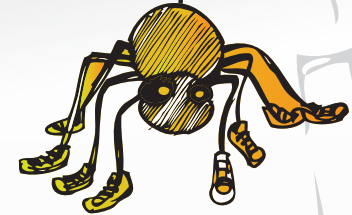
Pepsi Bottling Group



Tri-Lakes Family Center

CREEPY CRAWL 5K

and 1 Mile Kids Run



HALLOWEEN WEEKEND

SATURDAY, OCT. 30, 2010

Santa Fe Trail in Palmer Lake, CO
5K at 9am / 1 Mile Kids Run at 10am



www.ppymca.org/creepycrawl