

FIRST ANNUAL

# ALEX LAMME ST. PATRICK'S DAY DASH

## 5K RUN / 1 MILE FAMILY WALK

### SATURDAY, MARCH 21, 2015

### 11 A.M. – festivities to follow race



This event is in memory of Alex Lamme, a 1993 graduate of Fremont High School and a 1997 graduate of the University of Nebraska. Alex excelled in track at both FHS and UNL. Please help us celebrate Alex's life and his passion for running. Proceeds will go towards the Alex Lamme Scholarship funds and the Fremont Family YMCA (youth programs).



In memory of Alex Lamme and his love of running

**What:** 5k run and 1 mile family walk

**When:** Saturday, March 21 - Registration deadline to ensure t-shirt is March 11.

**Time:** 11:00 a.m. Packet pick up begins at 9:30 a.m.

**Where:** Christensen Family YMCA Camp on West Military Avenue, Fremont

**Cost:** \$25 (t-shirt included) No refunds.

We encourage everyone to 'green up' for the occasion and wear your very best Irish garb (PRIZE for best costume). Please join us for some green refreshments after the race as we raise our glasses together in honor of Alex.



Registrations can be made at the YMCA's front desk, online at [www.fremontfamilyymca.org](http://www.fremontfamilyymca.org) on the Special Events Page, or mailed to the Fremont Family YMCA, 810 North Lincoln, Fremont NE 68025. Please make checks payable to Fremont Family YMCA.

Name \_\_\_\_\_ Age \_\_\_\_\_

Address (street, city, state, zip) \_\_\_\_\_

Phones – Cell \_\_\_\_\_ Work \_\_\_\_\_

Email \_\_\_\_\_  Male  Female

Emergency contact \_\_\_\_\_ Phone \_\_\_\_\_

5K Run

1 mile walk

Prizes for top male and female in each age group for the 5k run will be awarded.

Age Group:  K – 5<sup>th</sup> grade  6<sup>th</sup> – 8<sup>th</sup> grade  9<sup>th</sup> – 12<sup>th</sup> grade  College – 29  30 – 39  40 – 49  50 – 59  60+

Shirt size:  Y Sm  Y Med  Y Lg  A Sm  A Med  A Lg  A XLg  A XXLg

**Release and Indemnification – READ BEFORE SIGNING** The signing of this entry blank and the participation in Alex Lamme 5k (run and 1 mile walk) is with full knowledge of the risks involved therein and the undersigned individually and/or as a parent or guardian assumes the risk of any injury, sickness or health defect including death, resulting from or received during participation in the races, and further releases and agrees to save harmless the Fremont Family YMCA and the Lamme Family, its committees, sponsoring and assisting agencies and individuals from any liability, damage, claim or judgment that may result from or arise out of the participation of the participant in this race. I grant permission to be photographed, videotaped, & recorded for all media usage.

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

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