



DIP "N" DASH

Sunday June 5, 2016 1:00pm
at The Pottstown YMCA

Let's get our youth active!

In an effort to drive youth participation in athletics and the multisport lifestyle, Sly Fox Track Club will conduct a Summer Series of Dip "N" Dash events throughout the area this summer.

- The first event will take place in the pool and on the grounds of The Pottstown YMCA.
- Racers swim the age appropriate distance in the pool before changing into running shoes for the run.
- All finishers receive a ribbon, and age group winners receive a medal.
- Cost is \$15 per child and includes a T-shirt.
- Follow the Sly Fox Track Club on Facebook or visit www.SlyFoxTrackClub.com for information on future events when it becomes available.

-Race Distances-

Ages 5-6	25 Yard Swim/ ¼ Mile Run
Ages 7-8	50 Yard Swim/ ½ Mile Run
Ages 9-10	100 Yard Swim/1 Mile Run
Ages 11-12	200 Yard Swim/1 Mile Run



Mail the form below with a check payable to "Sly Fox Track Club" to
Chris Bayless, 1339 Lynn Dr., Pottstown, PA 19464 or drop off at The Pottstown YMCA front desk

Name _____

Address _____

Age _____ Male Female (Circle One) Shirt Size (Youth Sizes) S M L XL

WAIVER: I know that running or swimming are potentially hazardous activities. My child should not participate unless medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running, swimming or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Pretzel City, Sly Fox Track Club, Burrough of Pottstown, Sly Fox Brewing Company, Pottstown YMCA and any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Parent Signature _____ Date _____

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