

Join us for the Quad County Health Fair afterwards in the Rural Health Education Center 7am-Noon

For more information, contact Kathy Sisler at (641)684-6571 x26 or kathy@ottumwaymca.com









Ottumwa YMCA St. Patty's Day 5K Run & 2.5K Walk

Early bird registration deadline is <u>March 12th</u>			
ge:			
COST: \$15 Pre-registration \$25 After deadline or			
day of race. PAID:			

(Must be registered by March 4 to guarantee shirt size)

Wavier to be signed by athlete (parent or guardian if under 18) in consideration, forgoing, I myself executors, administrators, and assignees to hereby and discharge the Ottumwa YMCA and all sponsors for all claims and damages and causes whatsoever, in any manner arising or growing out of my participation.

Signature:	Date:	
Make checks payable to: Ottumwa YMO		
Please mail form and payment to: Ottumwa YMCA	SA	
Attn: Kathy Sisler 611 N Hancock		the
Ottumwa, IA 52501		Ince