



**YOUTH EMPOWERMENT 5K 2016  
SUNDAY OCTOBER 02, 2016  
WALK/RUN**

**START/FINISH:** YMCA Compound, Benbow Road, Off Wrightson Road, Port of Spain  
**Warm Up** begins at 3:30 p.m. **Race Start Time:** 4:00 p.m.  
**Information Village:** 2:00pm

**RULES:**

- Registration packages
  - Individual - \$60.00
  - Group I (10-24 people) - \$55.00
  - Group II (25 and more people) - \$50.00
  - Children - \$25
- All forms must be completed before processing  
 Add t-shirt:  YES     NO



T-shirts cost \$60.00

**To Register:**

YMCATT (West) – 625-9622 / 627-7835

Lykael (East) – 386-1698

Kimberly (South) – 703-0567

Address: YMCA of Trinidad and Tobago, Benbow Road, Off Wrightson Road, Port of Spain.

**Declaration**

I know that running a road race is potentially a hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running this event including, but not limited to: falls or contact with other participants; the effects of weather, including high heat and/or humidity; traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Gender Affairs Division, the sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

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

Race Number 

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Last Name \_\_\_\_\_ First Name(s) \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Email \_\_\_\_\_

Home # \_\_\_\_\_ Work# \_\_\_\_\_ Cell # \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Sex: M  F

Name of School/Ministry/Organisation/NGO \_\_\_\_\_

Signature/Guardian: \_\_\_\_\_