

## Awards & T-shirts:



- Trophies for overall top 3 males & females in each adult race.
- Ribbons for top 3 male and female finishers in each age group and race.
- Medals will be awarded for all youth participants.
- T-shirts for 1 mile, 5K walk and run, 10K and 10 mile participants if registered by 4/8/17
- Age Groups: 5 and under, 6-9, 10-12, 13-15, 16-19, 20-29, 30-39, 40-49,

**100% of net proceeds benefit the YMCA of Marquette County Annual Campaign Program so that every community member who wants to participate at the YMCA may do so, regardless of their ability to pay!**

This event is endorsed by:



[www.AdvancedCenter4Orthopedics.com](http://www.AdvancedCenter4Orthopedics.com)



## YMCA OF MARQUETTE COUNTY

**Jenna Zdunek, CEO**

**Christina Bennett, Healthy Living Leader**

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**APRIL 22,  
2017**

**YMCA ANNUAL  
RUN • WALK**

**5K • 10K • 10 Mile  
• Youth Run**



Your contribution makes it possible for the YMCA of Marquette County to help, provide financial assistance to those in need.

## RACE INFORMATION

### BAG PICK UP

- Friday 4/21/17: 4:00pm - 6:00pm
- Saturday 4/22/17: 8:30am

### REGISTRATION

- Last day to register is Friday 4/21/17: 4:00pm - 6:00pm at the YMCA.
- Last day to register online: 4/20/17.
- Please note all entries must be post marked by 4/8 to receive the reduced rate.
- Registrations must be received by 4/8 to ensure a 2017 t-shirt.

### CHIP TIMING

High tech timing system for fast and accurate results. Chips will be issued to all 1 mile, 5K, 10K and 10 Mile runners; 15 minutes prior to the race.

### RACE TIMES

**8:30 am** 1 Mile Youth Run  
**9:00 am** 10 Mile run  
**9:15 am** 5K run and 5k walk, 10K run  
**10:30 am** Toddler Trot

### COURSES

Everyone will start and finish at the Y and follow the bike path along Lake Superior. The 10 mile race will have approximately 3.8 miles of trail.

Wheelchairs and strollers are welcome.

### WATER & SPORT DRINK STATIONS

Two to three will be available.

### FACILITIES

Locker rooms available (please bring a lock).

### POST RACE REFRESHMENTS

Enjoy bottled water, bagels and fruit

### AWARDS & RESULTS

1 Mile Youth awards, 5k, 10k and 10 mile awards will begin at 11:00am

## 17th Annual YMCA Run/Walk Entry Form REGISTRATION FORM

Adult: \_\_\_\_\_ Youth: \_\_\_\_\_

Today's Date: \_\_\_\_\_

Gender (circle one): Male Female

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day: \_\_\_\_\_

Emergency Name and Phone: \_\_\_\_\_

YMCA Member (circle one): Yes No UPRRC Member (circle one): Yes No

Race (circle one): 5K Walk 5K Run 10K Run 10 Mile 1-Mile Youth Run

T-shirt size: Youth: S M L Adult: S M L XL XXL XXXL

Receipt #: \_\_\_\_\_ Amount Paid: \_\_\_\_\_ (no refunds) Check # \_\_\_\_\_

Waiver: I hereby release sponsoring groups and other representatives and officials, workers, volunteers involved with this event from any and all rights and claims for injuries or illnesses suffered by me in, or as a result of, this event. I understand that participation in this event may be strenuous and I verify that I am physically fit to complete the said event. I also give permission for the YMCA of Marquette County & Affiliates to use without limitation or obligation, photographs for purposes of promoting or interpreting YMCA programs.

Signature of Parent/Guardian (if under 18 years old)

Signature of Participant

**Mail entry form and check to: YMCA of Marquette County, 1420 Pine Street, Marquette, MI 49855.**

### COST INFORMATION

Age	Entry must be post marked by 4/8/17	On or After 4/9/17
Adult (18 & up)	\$22	\$27
Teen (13-17)	\$17	\$22
Youth** (12 & under)	\$12	\$17

**THERE WILL BE NO RACE DAY REGISTRATIONS**

### ENTRY FEE NOTES:

- Registrations must be received or post-marked by 4/8 before the price increase.
- Registration must be received by 4/8 to ensure a 2017 t-shirt. Previous year shirts may be available.
- UPRRC and/or YMCA members receive \$3.00 off the entry fee.
- Toddler Trot: This event is FREE to all youth participants and registration takes place immediately prior to the race.