

## 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 all 1 mile, 5K, 10K and 10 mile participants.
- Age Groups: 5 and under, 6-9, 10-12, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and up.

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!

## The YMCA would also like to thank these sponsors:



PURE MICHIGAN®  
FITness Series



**YMCA OF MARQUETTE COUNTY**  
**Jenna Zdunek, Health Innovations Leader**  
1420 Pine Street, Marquette MI 49855  
**P** 906 227 9622 **F** 906 227 9248  
**W** ymcamqt.org **E** jzdunek@ymcamqt.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

5K • 10K • 10 Mile  
• Youth Run

APRIL 18,  
2015

YMCA ANNUAL  
RUN • WALK



Your contribution makes it possible for the YMCA of Marquette County to help prevent chronic diseases

**SAVE THE DATE**  
**YMCA Triathlon July 18, 2015**

## RACE INFORMATION

### BAG PICK UP

- Friday (4/17/15): 4:00pm - 6:00pm
- Saturday (4/18/15): 6:30am - 8:30am

### 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  
**9:15 am** 5K, 10K and 10 Mile  
**11:00 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

Will begin at 11:30am

### SAVE THE DATE

YMCA Triathlon July 18, 2015

### REGISTER ONLINE AT

<http://bit.ly/1u4TJpc>

## 15th 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.**

### ENTRY FEE NOTES:

- 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.**

**THERE WILL BE NO RACE DAY REGISTRATIONS**

### COST INFORMATION

Age	By 4/6/15	On or After 4/7/15
Adult (18 & up)	\$22	\$27
Teen (13-17)	\$17	\$22
Youth** (12 & under)	\$12	\$17