

Make Checks Payable to:
Sunbury YMCA

Name _____

Address _____

City _____

Phone _____

Age & Birth Date _____

E-mail Address _____

Clydesdale Y or N
(Open to male athletes weighing over 190 lbs.)

AthenaY or N
(Open to female athletes weighing over 150 lbs.)

Male _____ Female _____

T-Shirt Size S M L XL

Mail to Sunbury YMCA
1150 N. 4th Street
Sunbury, PA 17801

Pre-Registered

_____ \$15.00-members

_____ \$18.00-non-members

Day of Race

_____ \$20.00-members

_____ \$23.00-non-members

I hereby waive and release all rights and claims for damages I may have against the Sunbury YMCA's 5K Race, June 12, 2010. I attest and verify that I am an amateur, physically fit, and have trained for this event.

Signature


Fun for the Whole Family

Sunbury
YMCA
24th Annual
5K
Walk/Run

And
Kids Fun Run!



Saturday
June 12, 2010


Sunbury YMCA
P.O. Box 390
1150 North 4th Street
Sunbury, PA 17801

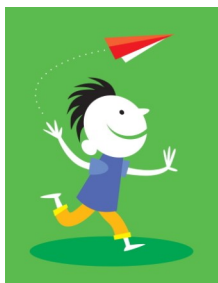
Bring the Kids!

Register your child for our 2nd Annual Kids Fun Run!
Ages 4-9

Time:
10:00am

Cost:
\$5.00/per child

Awards:
Each child will receive a T-shirt and medal!



Child's Name: _____

Address: _____

Age and Birth Date: _____

T-Shirt Size: YS YM YL

I hereby waive and release all rights and claims for damages I or my child may have against the Sunbury YMCA's Kid's Fun Run, June 12, 2010

Parent Signature _____

General Information
Race Day is
Saturday, June 12, 2010.
Registration from
7:30 am-8:45 am
Race starts in the front parking lot
at 9:00 am.

Costs:

Pre-Registered cost is:
\$15.00-members
\$18.00-non-members

Day of Race Cost:
\$20.00-members
\$23.00-non-members

- River Town Race Series Event
- Flat 5K course
- Proceeds from race benefit The YMCA Financial Assistance Program.
- Wheel measured & electronically timed
- T-Shirts for the first 100 registered participants
- Refreshments available for all participants.



Sunbury YMCA 24th Annual 5K Race

Directions:

Harrisburg: take US 11/15 towards Selinsgrove. To US 61 towards Sunbury crossing bridge. Follow signs for Front St. Take right onto Shikellamy Ave, right onto 4th St and left into YMCA lot
Wilkes/Barre & Scranton: Take 81 South to 80 West. Take exit 224 PA 54. Follow 54 turning right onto Rt.11 towards Northumberland. Cross 2 bridges and follow signs for Shikellamy Ave. Turn right onto 4th St and left into YMCA lot.

Williamsport: 15 S to Sunbury. Turn right onto S 61 crossing bridge. Follow sign for Front St. Turn right onto Shikellamy Ave, right onto 4th St & left into YMCA

Awards & Divisions

Awards given to:

- First Male / Female Overall Finishers
- Top Three Male / Female Finishers per Class
(No Duplication of awards)

Classes:

14 & Under	30-34	50-59
15-18	35-39	60-69
19-24	40-44	70-74
25-29	45-49	75+
	Clydesdale	Athena

Clydesdale-Male: Over 190 lbs.
Athena-Female: Over 150 lbs.

One "Middle of the Pack" Award

First Place finisher from Snyder, Union or Northumberland County will receive a FREE 3 Month YMCA