

All proceeds go to  
Y Partner of Youth!



The YMCA Partner of Youth Scholarship Program provides the financial assistance necessary for youth in your community to participate in programs and services at the Y.



Altru Family YMCA  
7th & University  
P.O. Box 13177  
Grand Forks, ND 58208-3177



**CELEBRATE  
THE  
SEASON**



Join us for the

**FIRECRACKER!**  
**10K & 5K**  
**FUN RUN/WALK**

*July 4, 2014*

# 2014 FIRECRACKER 10K & 5K RUN/WALK - REGISTRATION INFORMATION

## ENTRY FEE (for all events)

ON OR BEFORE JUNE 30:

Adults: \$25.00 / Youth (12 & under): \$15.00

BETWEEN JULY 1 - JULY 4

Adults: \$30.00 / Youth (12 & under): \$20.00

Fee includes t-shirt and post race refreshments (while supplies last).

## FREE KIDDIE RUN!

The Kiddie Run starts at approximately 9:00 a.m. Ribbons will be awarded to all children.

## TIMING AND RESULTS

Race results will be posted at:

<http://www.gfymca.org/healthy-living/sports-recreation/road-races/>

## REGISTRATION

Registrations will be accepted by mail or at the Grand Forks Altru Family YMCA. Race day registration will be permitted no later than 7:30 a.m. on July 4, at race site.

## STARTING TIME

8:00 a.m. RACE TIME

## START & FINISH

For route map go to:

<http://www.gfymca.org/healthy-living/sports-recreation/road-races/>

## RACE PACKETS

Pre-registered runners may pick up their race packets at the Altru Family YMCA on Wednesday, July 2, Thursday, July 3, and until 7:30 a.m. at race site on Friday, July 4.

## PRIZES

Prizes will be given to the top male and female finishers in the 10K and 5K runs, plus top finishers in age categories.

## REFRESHMENTS

Drink stations will be available during the race. Refreshments will also be available after the race.

## LODGING INFORMATION

[www.lakeviewhotels.com](http://www.lakeviewhotels.com)  
701-775-2500  
[www.visitgrandforks.com](http://www.visitgrandforks.com)

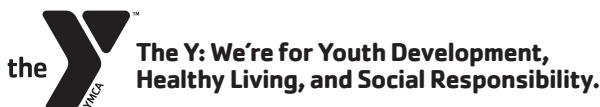
## AREA INFORMATION

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

## Thanks to our Sponsors!



For more information or to volunteer, contact Bob McWilliams at the Y: 775-2586 / [bmcwilliams@gfymca.org](mailto:bmcwilliams@gfymca.org)



FIRECRACKER 10K RUN & 5K RUN/WALK July 4, 2014

## ENTRY FORM

ONE PER PERSON

FOR OFFICE USE ONLY

Select One:  Adult (age 13 & up)

Youth (12 & Under)

Select One:  10K Run  5K Run/Walk

\_\_\_\_\_  
FIRST NAME

\_\_\_\_\_  
LAST NAME

MALE  FEMALE AGE ON RACE DAY \_\_\_\_\_

\_\_\_\_\_  
ADDRESS

\_\_\_\_\_  
CITY

\_\_\_\_\_  
STATE ZIP

\_\_\_\_\_  
PHONE

\_\_\_\_\_  
EMERGENCY CONTACT PHONE

\_\_\_\_\_  
EMERGENCY CONTACT NAME

\_\_\_\_\_  
E-MAIL ADDRESS (used to communicate some race information)

SHIRT SIZE (ADULT)  S  M  L  XL  XXL

### PARTICIPANT WAIVER

I am entering this event at my own risk and assume all responsibility for injuries I may incur as direct or indirect result of my participation. I hereby, for myself, my heirs, executors and administrators, waive the release of any and all rights and claims for damages or injuries I may have against the YMCA and its affiliates, their aware of the physical stress involved in participation of this event and the consequent risk to my health and that I have made adequate preparations to complete. I also give permission for the free use of my name and/or picture in a photograph, broadcast, or other account of this event.

\_\_\_\_\_  
PARTICIPANT SIGNATURE

\_\_\_\_\_  
IF UNDER AGE 18 - PARENT OR GUARDIAN SIGNATURE