**Proceeds to benefit YMCA Partner of Youth**



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



**C:\Users\bob\Desktop\Logos and Areas of Focus\YMCA_Logo_Registered_Complete\cmyk_r\cymk_tif_r\ymca_blu_cmyk_r.tif**

**CELEBRATE**

**THE**

**SEASON**



Join us for the

**FIRECRACKER!**

10K & 5K

FUN RUN/WALK

**July 4, 2017**



**ENTRY FEE(For All Events)**

On or before June 30:

Adults $30 / Youth (12 & under) $20

**Between July 1-4**

Adults $35 / Youth $25

*Fee includes t-shirt and post race refreshments(While Supplies Last)*

**FREE KIDDIE RUN**

The Kiddie run is for all children with prizes for everyone!

**TIMING & RESULTS**

Race Results will be posted at redriverrunners.com and gfymca.org There is a 90 minute time limit on the race.

**REGISTRATION**

Registrations will be accepted online, by mail or at the Altru Family YMCA. Race day registrations will be permitted no later than 7:30am at the race site.

**STARTING TIME**

8:00am is Race Time

**START & FINISH**

Go to [www.gfymca.org](http://www.gfymca.org) for map

**RACE PACKETS**

Pre-registered participants may pick up race packets at the Altru Family YMCA on Saturday July 1st through Monday July 3rd 6pm and until 6:30-7:30am July 4th at the race site.

**PRIZES**

Prizes will be given to the top male and female finishers in the 10K and 5K + top finishers in age group.

**REFRESHMENTS**

Drink stations and post- race refreshments will be available.

**LODGING INFORMATION**

LaQuinta Inns & Suites [www.lq.com](http://www.lq.com) 701 757-2600

See back cover for more information

**AREA INFORMATION**

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

**THANKS TO OUR SPONSORS**!







 

 

 



[](https://www.lq.com/en.html)

**2017 FIRECRACKER 10K & 5K Run/Walk-Registration**

For more information or to volunteer contact Bob McWilliams at the YMCA: 775-2586 or bmcwilliams@gfymca.org

FIRECRACKER 10K Run & 5K WALK/RUN July 4, 2017

**ENTRY FORM One Per Person**

Select 1: **Adult(13 & Up) Youth(12&below**)

Select 1: **10K Run 5K Run/Walk**

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**First Name**

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**Last Name**

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**Birth Date Age Day of Race**

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**City**

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**State Zip Code**

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**E-Mail**

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**Emergency Contact Name**

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**Emergency Contact Phone**

**Shirt Size(Adult)**

**S M L XL XXL**

**Participant Waiver**

I am entering this event at my own risk and assume responsibility for injuries I may incur as direct or indirect 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. I also give permission for the free use of my name and/or pictures in a photograph, broadcast or other account of this event.

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Signature of Participant Date

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If under 18-Parent or Guardian Signature Date