

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, 2013

2013 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).

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 Tuesday, July 2, Wednesday, July 3, and until 7:30 a.m. at race site on Thursday, 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

Go to: www.visitgrandforks.com

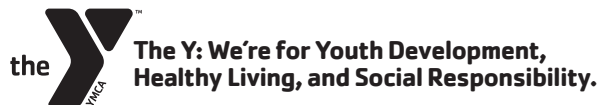
FREE KIDDIE RUN!

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

Thanks to our Sponsors!



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



FIRECRACKER 10K RUN & 5K RUN/WALK July 4, 2013

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 _____