

## Proceeds Benefit YMCA Partner of Youth



The Altru Family YMCA is committed to ensuring that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive, with no child, individual or family being turned away due to the lack of financial resources.

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.

Most awarded scholarships cover a portion of the membership, program or service fees, while the applicants pay the remainder of the fees, establishing a sense of ownership and pride in their Y involvement.

For more information on Partner of Youth, visit:  
<http://www.gfymca.org/get-involved/give/partner-of-youth/>



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CELEBRATE THE SEASON

## Firecracker 10K Run & 5K Run/Walk

July 4, 2019

Registration opens April 22.



Altru Family YMCA  
215 N 7th St  
Grand Forks, ND 58203  
[www.gfymca.org](http://www.gfymca.org)  
(701) 775-2586

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Altru Family YMCA

Grand Forks, ND

# 2019 FIRECRACKER 10K Run & 5K Run/Walk

## ENTRY FEE

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

### On or before June 30:

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

### Between July 1-4

Adults \$35 / Youth \$25

## FREE KIDDIE RUN

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

## TIMING & RESULTS

Race Results will be posted at [redriverrunners.com](http://redriverrunners.com) and [gfymca.org](http://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

8:00 am sharp. (90 min race time limit)

## 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 Sunday, June 30 through Wednesday, July 3 until 6pm and between 6:30-7:30 am on Thursday, July 4th at the race site.

## PRIZES

Prizes will be given to the top male and female finishers in the 10K and 5K and 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)  
701 757-3600

## AREA INFORMATION

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

## WE APPRECIATE OUR SPONSORS!



For more information, or to volunteer,  
contact Patti Mcenroe at the Y.  
(701) 775-2586 | [pmcenroe@gfymca.org](mailto:pmcenroe@gfymca.org)

## FIRECRACKER 10K Run/5k Run/Walk July 4, 2019 ENTRY FORM

Select 1:  Adult(13 & Up)  Youth (12 & Below)

Select One:  10K Run  5K Run/Walk

First Name

Last Name

Birth Date

Age Day of Race

Address

City

State

Zip Code

E-Mail

Emergency Contact Name

Emergency Contact Phone

Shirt Size(Adult) Circle One

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.

Signature of Participant

Date

If under 18-Parent or Guardian Signature

Date