

THANKS TO OUR SPONSORS



WHERE LIFE AND RUNNING INTERSECT
GRAND FORKS, ND



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SUPPORTING KIDS, ADULTS, & FAMILIES

Proceeds from this event support the YMCA Partner of Youth Financial Scholarship program.

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, adults 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/>



ALTRU FAMILY YMCA



5k Fun Run/Walk
Saturday, Nov 7

10:00 am
Downtown Townsquare
Grand Forks, ND

Walk or run to honor our past,
present and future members of
our U.S. Armed Forces!



ALTRU FAMILY YMCA
215 N 7th St • Grand Forks, ND 58203
www.gfymca.org
(701) 775-2586

YMCA DOWNTOWN DASH VETERAN'S HONOR RUN/WALK 5K • Nov. 7, 2020

FEES

Adults: \$30 • Youth age 12 & under: \$25

Veteran Adults: \$15 • Veteran youth age 12 & under: \$12.50 (Please register in-house & provide military I.D.)

Fee includes race t-shirt, neck gaiter, post-race refreshments.

START TO FINISH

- The first wave will start at 10:00 am
- The following waves will be staged 10 minutes apart in groups of walkers or runners with similar average times.
- You will be assigned to a wave at a designated time based on your walk/run status and running time.
- Starting each wave, runners will be staged 6-8 feet apart.
- Your start and finish time will automatically register (chip timing) when you cross the start/finish line.
- If you attend the event earlier than your assigned time, please practice all safety requirements (see below).
- **We must have a working email address** for you so that we can communicate with you before and after the event.

SAFETY & DISTANCING MEASURES

Before, during and after the race, please help keep yourself and everyone else safe by sanitizing your hands often, distancing from others at least 6 feet, and wearing a mask if it is impossible keep a safe distance.

START & FINISH

Townsquare, downtown Grand Forks. For race map go to www.gfymca.org.

TIMING & RESULTS

Race Results and photos for the in-person and virtual (on your own) races will be posted at: www.gfymca.org

AWARDS

Prizes will be awarded to the overall first, second and third place winners in women, men and youth categories.

T-SHIRTS & REFRESHMENTS

T-shirts may be picked up at race site. Refreshments will be available at the start/finish area. Self-serve water stations will be located along the 5K route. Volunteers will be at the water stations to help keep water cups available.

REGISTRATION

Online registration is preferred. Registrations will also be accepted by phone, mail or at the Y. Payment is due upon registration. **Registration ends at 6:00 pm on Wednesday, November 4.**

"VIRTUAL" VETERAN'S HONOR RUN/WALK 5K (on your own) • Nov. 7 & 8, 2020

FEE & DETAILS

Adults: \$30 • Youth age 12 & under: \$25 / Fee includes race t-shirt and neck gaiter. Registration (online, by mail or at the Y) ends at **6:00 pm on November 7.**

INDEPENDENT runners and walkers are invited to complete the 5K any time during the weekend of November 7. We encourage everyone to send photos of you and your families to pmcenroe@gfymca.org. Photos will be shared publicly online unless you specifically request that we do not post them. Feel free to wear your favorite patriotic outfit and have fun! **T-shirts and neck gators may be picked up at the Y.**

THIS INFORMATION IS SUBJECT TO CHANGE AT ANY TIME. PLEASE LOOK FOR UPDATES ONLINE. THANK YOU. 10/21/2020

REGISTRATION - ****ALL FIELDS REQUIRED**** YMCA VETERAN'S HONOR RUN/WALK • NOV 7, 2020

Townsquare 5k (in person)

- Adult **\$30** / Vet **\$15**
 Youth age 12 & under **\$25**
 Vet youth **\$12.50**

OR

5K Virtual (on your own)

- Adult **\$30** / Vet **\$15**
 Youth age 12 & under **\$25**
 Vet youth **\$12.50**

PRINT CLEARLY IN **WHITE** BOXES

FIRST NAME ↑

LAST NAME ↑

BIRTH DATE ↑

AGE DAY OF RACE ↑

ADDRESS ↑

CITY ↑

STATE

ZIP

EMERGENCY CONTACT NAME & PHONE ↑

***EMAIL* ↑**

Walking

Running

***ARE YOU WALKING OR RUNNING?* ↑**

My approximate 5K running time is:

***PLEASE ENTER YOUR APPROX. 5K TIME* ↑**

SHIRT SIZE (CIRCLE ONE)

S

M

L

XL

XXL

I am entering this event at my own risk and I 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 Altru Family 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.

PARTICIPANT'S SIGNATURE

DATE

IF UNDER 18 YEARS OF AGE: PARENT OR GUARDIAN SIGNATURE