

## THANKS TO OUR SPONSORS



06/14/2021

## 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/>



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



July 4, 2021

# FIRECRACKER

## 5K & 10K FUN RUN/WALK



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

# YMCA FIRECRACKER 5K & 10K RUN/WALK July 4, 2021

## FEES

Adults \$35 / Youth (12 & under) \$25 • Fees include a t-shirt, post race refreshments.

## START TO FINISH (SUBJECT TO CHANGE)

- Greater Grand Forks Greenway, downtown Grand Forks, next to Town Square.
- For race map go to: [www.gfymca.org](http://www.gfymca.org).
- The first wave will start at 8:00 am.
- There will be a rolling start with participants distanced as needed.
- Runners and walkers may be staged according to average race times. 10K runners will go first.
- 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 safety requirements.
- We must have a **working email address** for you so that we can communicate with you before and after the event.

## MEDALS / AWARDS

Top finisher prizes of \$50 will be awarded to the overall first place male and female. Medals will be awarded to first, second and third place overall male and female finishers, plus top male and female finishers in age groups.

## T-SHIRTS, RACE BIBS, REFRESHMENTS

**UPDATE: T-shirts and race bibs will be picked up at the race site after 6:30 am.** Refreshments will be available at the start/finish area. Water stations will be located along the routes.

## REGISTRATION (Opens April 9)

Online registration is preferred. Registration by phone, mail, or in-house is possible. Payment is due upon registration.

- **Registration ends at 6:00 pm on Thursday, July 1.**
- **There will be no same-day or late registration.**
- **Register at: [www.gfymca.org/register-now/](http://www.gfymca.org/register-now/)**

## TIMING & RESULTS

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

## FREE KIDDIE FUN RUN

Approx. 8:15 am. For all kids, prizes awarded to all.

## LODGING

LaQuinta Inns & Suites  
701-757-3600  
[www.lq.com](http://www.lq.com)

Please follow current safety precautions.

## VIRTUAL 5K (on your own)

### FEE & DETAILS

All ages: \$30 / Includes t-shirt.

INDEPENDENT runners and walkers are invited to complete the 5K or 10K any time during the July 4th weekend. 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 may be picked up at the Y.

Please report times and photos you'd like to share to: [pmcenroe@gfymca.org](mailto:pmcenroe@gfymca.org).

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### PLEASE NOTE:

We fully expect to be able to conduct the race as planned. However, unlikely as it seems, we understand that we may need to make some adjustments depending on the COVID status in our area. We will communicate any changes to you via **email**. If the race needs to be cancelled due to health and safety or weather concerns, the event will be run virtually. No refunds will be issued.

Contact: Patti McEnroe  
(701) 775-2586 / [pmcenroe@gfymca.org](mailto:pmcenroe@gfymca.org)

## REGISTRATION - \*\*ALL FIELDS REQUIRED\*\* YMCA FIRECRACKER 5K RUN/WALK - July 4, 2021

<b>5K</b> <input type="checkbox"/> In-person-Greenway <input type="checkbox"/> Adult (age 13+) \$35 <input type="checkbox"/> Youth (age 12 & under) \$25	OR	<b>10K</b> <input type="checkbox"/> In-person-Greenway <input type="checkbox"/> Adult (age 13+) \$35 <input type="checkbox"/> Youth (age 12 & under) \$25
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### 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 (5K only)  Running

\*ARE YOU WALKING OR RUNNING?\* ↑

My approx. 5K running time is: \_\_\_\_\_ My approx. 10K running time is: \_\_\_\_\_

\*PLEASE ENTER YOUR APPROX 5K or 10K 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