

AWARENESS & SUPPORT

VETERANS MEMORIAL PARK

The Veterans Honor Run is designed to honor the women and men in our armed forces, past and present, and to bring awareness to our beautiful new Veterans Memorial Park. A portion of the proceeds of this event will be donated to the Veterans Memorial Park in Grand Forks, North Dakota.



YMCA PARTNER OF YOUTH

A portion of the proceeds will support the YMCA Partner of Youth Scholarship Program which provides financial assistance necessary for youth, adults and families in our community to participate in important programs and services at the Y.



THANKS TO OUR SPONSORS



WHERE LIFE AND RUNNING INTERSECT
G R A N D F O R K S , N D

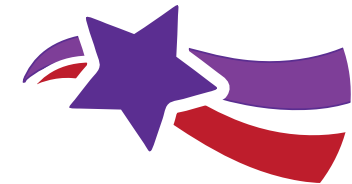


ALERUS



ALTRU FAMILY YMCA

VETERANS HONOR RUN



11.06.2021

Veterans Memorial Park
Grand Forks, ND



3k Fun Run/Walk
Saturday, November 6
10:00 am

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

Contact Darryl Marek
(701) 775-2586
dmarek@gfymca.org

YMCA VETERANS HONOR RUN/WALK • Nov. 6, 2021 • 3K (1.9 mi)

FEES

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

Veteran Adults: \$15 / Veteran youth age 12 & under: \$7.50 (Please provide military I.D.)

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

START TIME

10:00 am

START & FINISH

Veterans Memorial Park • 2357 S 34th St • Grand Forks, ND

TIMING

This community fun run/walk will not be officially timed. A race clock will be set up at the start/finish line so that individuals can track their time.

T-SHIRTS & REFRESHMENTS

T-shirts may be picked up at the race site or at See Dick Run on Friday, November 5. Refreshments will be available at the start/finish area. Water stations will be located along the route.

REGISTRATION

All participants will receive a t-shirt: register by October 27 to ensure you receive your shirt by race day. Register online at www.gfymca.org - registrations will also be accepted by phone, mail or at the Y. Payment is due at registration. **We must have a working email address** for you so that we can communicate with you before and after the event.

SAFETY & DISTANCING MEASURES

Please help keep yourself and everyone else safe by distancing from others as needed.

RACE DIRECTOR: Darryl Marek: dmarek@gfymca.org / 701-775-2586

VIRTUAL VETERANS HONOR RUN/WALK 3K (on your own)

FEE & DETAILS

\$30 - Register in house or online at www.gfymca.org. Registration includes a t-shirt.

INDEPENDENT runners and walkers are invited to complete the 3K any time prior, during or after Veterans Day. 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 may be picked up at the Y.

THIS INFORMATION IS SUBJECT TO CHANGE AT ANY TIME.

10/07/2021

REGISTRATION - **ALL FIELDS REQUIRED** YMCA VETERAN'S 3K HONOR RUN/WALK • NOV 6, 2021

Veterans Mem Park

- Adult \$30 / Vet \$15
 Youth age 12 & under \$25
 Vet youth \$7.50

OR

Virtual (on your own)

- \$30

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