

THANKS TO OUR SPONSORS



HEALTH SYSTEM



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

ALTRU FAMILY YMCA FIRECRACKER 5K & 10K FUN RUN/WALK



July 4, 2022



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

YMCA FIRECRACKER 5K & 10K RUN/WALK

July 4, 2022

FEES

Through June 18

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

June 19 - July 2

Adults \$35 / Youth (12 & under) \$25

July 4 at Race Site

Adults \$40 / Youth (12 & under) \$30

RACE DETAILS (SUBJECT TO CHANGE)

- Start & finish: Greater Grand Forks Greenway, downtown Grand Forks, next to Town Square.
- For race map go to: www.gfymca.org.
- The race will start promptly at 8:00 am. Kiddie Run starts approximately 8:15 am.
- Race will be chip timed. Bib must be clearly visible on chest.
- Please respect the space of others and distance if necessary.
- Water, gatorade, bananas and snacks will be available. Water stops will be located on the race route.
- We must have a **working email address** for you so that we can communicate with you before and after the event.
- Online registration is required. (YMCA personnel can assist you with registration. Use form provided.)

REGISTRATION



- Scan QR code or register at:
<https://raceroster.com/events/2022/61042/altru-family-ymca-firecracker-5k-and-10k-fun-runwalk>
- Online registration closes at midnight on July 2.
- In-person registration will be available at packet pick-up.
- RACE DAY REGISTRATION is allowed between 6:30 and 7:30 am.
- We must have a **working email address** for you so that we can communicate with you before, during and after the event.

MEDALS / AWARDS

1st Place Overall, women and men:

\$50 cash / \$25 See Dick Run Gift Card / Gold Medal

2nd Place Overall, women and men:

\$30 Scheels Gift Card / Silver Medal

3rd Place Overall, women and men:

\$20 Scheels Gift Card / Bronze Medal

1st Place in Age Groups:

Women and men: (under 12 / 13-19 / 20-29 / 30-39 / 40-49 / 50-59 / 60-69 / 70+): Gold Medal and \$5 See Dick Run Gift Card

T-SHIRTS, RACE BIBS

T-shirts and race bibs can be picked up at See Dick Run on Sunday, July 3 between 5:00 - 8:00 pm or at the race site on July 4. In order to receive your shirt by July 4, please register by June 25.

CANCELLATION OR CHANGES

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.

TIMING & RESULTS

Race Results and photos will be posted at:
<https://www.rundick.com/timing/results>

LODGING

LaQuinta Inns & Suites

701-757-3600 / www.lq.com

FREE KIDDIE FUN RUN

8:15 am. Goodie bags for runners.

CONTACTS

Patti McEnroe

Race Director
Altru Family YMCA
pmcenroe@gfymca.org
(701) 775-2586

Richard Dafoe

Timing & Registration
See Dick Run
dick@rundick.com
(701) 775-1115

REGISTRATION • 2022 Firecracker 5K/10K • 7/4/22

☐ 5K ☐ 10K

Through June 18

☐ Adult (age 13+) \$30
☐ Youth (age 12 & under) \$20

After June 18

☐ Adult (age 13+) \$35
☐ Youth (age 12 & under) \$25

Race Day

☐ Adult (age 13+) \$40
☐ Youth (age 12 & under) \$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 (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