

THANKS TO OUR SPONSORS



## 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, 2023

# ALTRU FAMILY YMCA FIRECRACKER



## 5K & 10K FUN RUN/WALK AND KIDDIE RUN



**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, 2023

### RACE DETAILS (subject to change)

- Start & finish: Greater Grand Forks Greenway, downtown Grand Forks, next to Town Square. Race map can be found on our web site (gfymca.org), in print at the Y, or on the registration site.
- 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.
- Water, gatorade, bananas and snacks will be available. Water stops will be located on the race route.
- Online registration is required. The form provided is for those who are not able to register online. That form can be completed and taken to See Dick Run.
- We must have a [working email address](#) for you so that we can communicate with you before, during and after the event.
- EVENT CANCELLATION: If the event must be cancelled due to weather or safety concerns, NO REFUNDS will be issued.

### 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 See Dick Run Gift Card / Silver Medal

#### 3rd Place Overall, women and men:

\$20 See Dick Run 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

Packet Pickup at **See Dick Run, Monday, July 3, 5:00 pm - 8:00 pm** (this is highly encouraged). Limited packet pickup/ registration is available at race site Tuesday, July 4, 6:30 am - 7:45 am. In order to guarantee your t-shirt by July 4, please register by June 17.

### REGISTRATION OPENS APRIL 3, 2023

- Online registration opens Monday, April 3, 2023.
- Registration continues through July 4, no later than 7:45 am (subject to change).
- Prices vary according to registration dates.
- Online registration and a working email address is required for each participant.

### FEES

#### April 3 - 29

Adults \$25 / Youth (12 & under) \$15

#### May 1 - 31

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

#### June 1 - July 3

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

#### July 4 at Race Site

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

### TIMING & RESULTS

Race Results and photos will be posted at:  
<https://results.chronotrack.com/event/results/event/event-72355>

### LODGING

LaQuinta Inns & Suites

### FREE KIDDIE FUN RUN

8:15 am. Goodie bags for runners.

### CONTACTS

**Caitlin Volkmann**  
Race Director  
Altru Family YMCA  
cvolkmann@gfymca.org  
(701) 775-2586

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



<https://register.chronotrack.com/r/72355>

2023 Firecracker 5K/10K • 7/4/23

5K  10K

#### April 1-29

- Adult (age 13+) \$25
- Youth (age 12 & under) \$15

#### May 1-31

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

#### June 1-July 3

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

#### Race Day-July 4

- 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