

## THANKS TO OUR SPONSORS



**SCHEELS**



ALERUS



## 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/>



July 4, 2025



ALTRU FAMILY YMCA

**FIRECRACKER**

**5K Fun Run/Walk**

**10K Run**

**& FREE KIDDIE RUN**



# YMCA FIRECRACKER 5K & 10K RUN/WALK July 4, 2025

## 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 right after 5K/10K start.
- 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.

## RACE BIBS & SHIRTS

### PACKET PICKUP

At **SEE DICK RUN** (28 S 3rd St) Thursday, July 3, 4:00 pm - 7:00 pm \*this is highly encouraged\*.

### LIMITED PACKET PICKUP & SAME DAY REGISTRATION:

At **SEE DICK RUN**, Friday, July 4, 6:30 am - 7:30 am.

### T-SHIRTS

In order to guarantee your t-shirt by July 4, please register by Monday, June 16.

## MEDALS / AWARDS - 5K & 10K

### 1st Place Overall, Women and Men:

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

### 2nd Place Overall, Women and Men:

\$35 See Dick Run Gift Card / Silver Medal

### 3rd Place Overall, Women and Men:

\$25 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 \$10 See Dick Run Gift Card

## FREE KIDDIE FUN RUN

Approximately 8:10 am. Goodie bags for runners.

## TIMING & RESULTS



Results will be available directly following the race finish. Scan this QR code for race results.

## CONTACTS

### Patti McEnroe

### Danny Ray

Race Directors

Altru Family YMCA

pmcenroe@gfymca.org

dray@gfymca.org

(701) 775-2586

### Richard Dafoe

Timing & Registration

See Dick Run

dick@rundick.com

(701) 775-1115

INFORMATION SUBJECT TO CHANGE. 03/28/24

## REGISTRATION OPENS APRIL 1, 2025

- **ONLINE REGISTRATION REQUIRED.** If you are unable to register online, complete the attached form and bring to See Dick Run @ 28 S 3rd St., Downtown Grand Forks, across from AVANT.
- Registration continues through **July 4, no later than 7:30 am, at See Dick Run.** (subject to change).
- Prices vary according to registration dates.
- Online registration and a working email address is required for each participant.

## FEES

### April 1 - 30

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

### May 1 - 31

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

### June 1 - July 2

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

### July 3 & 4 @ See Dick Run

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



Scan to Register

<https://register.chronotrack.com/r/84952>

2025 Firecracker 5K/10K • 7/4/25

5K  10K

### April 1-30

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

### May 1-31

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

### June 1-July 2

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

### July 3 & 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\* ↑

*ADULTSHIRT SIZE (CIRCLE ONE)*	*YOUTH SHIRT SIZE*
S M L XL 2XL 3XL	S M L

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