



The Community Wellness Challenge Series
Is Sponsored by:



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**Eight Races... One Goal...
A Healthier Community.**

Fit 'N' Fine in 09

YMCA July 4th Race
Saturday, July 4, 8am

YMCA Triathlon and Race at Canoe Creek
Saturday, August 1, 8am

YMCA October Half Marathon
Saturday, October 10, 8am

YMCA Turkey Trot Race
Saturday, November 28, 8:30am

YMCA Twilight Race
Thursday, December 31, 4:30pm

Take part in our Team Challenge!

Our purpose is to upgrade our races from satisfactory events to top-notch, health enhancing events intended to motivate individuals, corporations, and service clubs to challenge themselves and others to become more active.

Our team challenge offers individuals the opportunity to add excitement, team building and good-natured competition to the workplace, club or group.

The team challenge is another way individuals can participate in the Community Wellness Challenge Series designed to promote overall health and wellbeing. Instead of training and competing alone, you form a group of up to ten people to train and compete together.

Studies show that individuals who participate in a fitness plan with a buddy or group are more likely to be successful and achieve their overall fitness goals

Directions to Downtown Altoona and parking:

Take Interstate 99 to the 17th Street exit. Merge onto 17th Street heading West into Altoona.

Proceed through 9-10 traffic lights until you cross over a bridge (Station Medical Center Mall on your right) at traffic light turn right onto 12th Avenue.

The Mishler Theatre (race start) will be on your left just past 13th Street. Parking lot across from theater.

Registration is one block to your right at the Heritage Plaza on 11th Avenue (street will be closed to traffic).



**Saturday, July 4
8:00 AM**

**Mishler Theatre
Downtown Altoona, PA**





Hollidaysburg Area YMCA
Community Wellness
Challenge Series

JULY 4TH RACE- SATURDAY, JULY 4TH, 2009 8:00AM

COURSE DESCRIPTIONS:

15K/5K CERTIFIED RUNS:

The 15k and the 5k runs start at the Mishler Theatre in historic downtown Altoona and wind through the city, finishing at the Heritage Plaza within sight of the railways that put Altoona on the map.

5K WHEELCHAIR RACE:

The 5k wheelchair race follows the same course as the 5k running race. Please make any special arrangements with us by calling us at (814) 695-4467.

2 MILE WALK:

A challenging course with a variety of grades, this is fun for competitive walkers and families alike!

***DUE TO SAFETY CONCERNS PLEASE
REFRAIN FROM WEARING IPODS***

REGISTRATION:

PRE-REGISTRATION:

We offer pre-registration discounts for all registrations prior to race day (see grid below). Registrations may be mailed in, dropped off, or register online at <http://www.hollidaysburgareaymca.org/cwcs.htm>

DAY OF RACE REGISTRATION:

Race registration for the day of the race is only available from 6:30am to 7:40am at the Heritage Plaza (11th Ave and 14th Street, Altoona), and is on a first-come first-served basis- anyone not registered by 7:40am will be turned away, so please come early if you plan to register the day of the race.

	Family Rate <i>(2 or more from the same household)</i>	Individual Rate
Early Registration (Until June 20)	\$12	\$16
Pre-Registration (June 21- July 3)	\$17	\$21
Day of Race	\$28	\$28

RACE PACKET PICK-UP:

BEFORE THE RACE:

Race packets are available at the Hollidaysburg Area YMCA on Thursday, July 2 from 5am to 9pm and on Friday, July 3 from 5am to 9pm.

We will be using a chip system- chips will have to be picked up the day of the race, so we encourage you to arrive early (at least 30 minutes).

DAY OF THE RACE:

Race packets are available at the Heritage Plaza located at 11th Avenue and 14th Street in downtown Altoona from 6:30am to 7:40am.

AWARDS CEREMONY:

Awards will be given out immediately following the race. We will be awarding medals for the following categories:

~15k top 3 overall finishers

~ 5k run & 2m walk overall top finishers

~ Awards will also be given out to the top three male and female finishers in the 15k and 5k runs and 2m walk- in the following age categories:

12& Under, 13-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & Over.

~ The John Foreman Award will be given to the 12 & Under male and the 5k female with the best time.

~ Award winners are asked to remain for the Awards Ceremony as no awards will be mailed.

2008 JULY 4TH RACE RESULTS:

15K Run		
1st Overall Male:	Ryan Walsh	54:40
1st Overall Female:	Kate Remillard	1:00.32
5K Run		
1st Overall Male:	Jim Spisak	16:20
1st Overall Female:	Jill Spisak	20:16
2 Mile Walk		
Overall Male:	William Obert	19:36
Overall Female:	Sherry Obert	20:33

YMCA
4th of July Race

Register online at

<http://www.hollidaysburgareaymca.org/cwcs.html>

Mail registrations to:

Hollidaysburg Area YMCA
 1111 Hewit Street, Hollidaysburg, PA 16648

Name: _____

Address: _____

City: _____ State: _____

Zip: _____

Phone: _____

Email: _____

Date of Birth: _____ Age (Race Day): _____

Sex: M F

T-Shirt Size: S M L XL

Youth M

Race: 15k Run 5k Run 2M Walk

Wheelchair 5k Race

OPTIONAL

I will be participating on a Team

Team name: _____

Team Captain name: _____

Payment Information:

Check MasterCard Visa Discover

Credit Card #: _____

Expiration: ____/____

Waiver: In submitting this entry, I, intending to be legally bound for myself, my heirs, executors and administrators, waive, release and forever discharge the Hollidaysburg Area YMCA and all event sponsors, event volunteers and workers and their offices, directors, agents, successors and or assigns for any and all injuries suffered by me at this event. I attest that I am physically fit and prepared for this event. I understand I may be photographed and agree to allow my photo, video or film likeness to be used for legitimate purpose by any of the aforementioned parties.

Signature: _____

Parent/Guardian if under 18

Date: _____

All Participants must Complete an Application.