

**North Boroughs
YMCA
5K Run/Fun Walk**

Sponsored by:



**ALLEGHENY
GENERAL HOSPITAL
SUBURBAN CAMPUS**
WEST PENN ALLEGHENY HEALTH SYSTEM

**Saturday
July 18, 2009
8:00am 5K Walk
8:15am 5K Run**

*Proceeds Benefit
Northgate
Cross Country
Team
&
North Boroughs YMCA
Strong Communities
Campaign*



**North Boroughs YMCA
629 Lincoln Avenue
Pittsburgh PA 15202**



2009—5K Walk/Run Registration Form—mail registration to North Boroughs YMCA, 629 Lincoln Ave., Pgh Pa 15202 or Fax 412-766-9408—payment must accompany registration form.

Name _____ Age _____ (as of 7/18/2009) Sex _____

Address _____ City _____ State _____ Zip _____

E-Mail _____ Phone _____ T-Shirt Size _____

T-Shirt Size (please circle): AS AM AL AXL AXXL

Fee: \$15.00 on or before July 11—\$17.00 after July 11—\$10.00 Walkers Amt Enclosed _____

Make checks payable to: North Boroughs YMCA

If using Disc/Visa/MC/Amer Ex Card # _____ Exp date _____

Waiver: In consideration of the acceptance of this entry, I waive, for myself, my heirs, and assigns, all claims for damages which I might have against the race, it sponsors, or any other organization, business, or individual as a result of any and all injuries which might be received during the contest. I attest that I have sufficiently trained for this event. I also release any photos that may involve myself.

Signature _____ Date _____

Parent (if under 18 years old) _____ Date _____



Northgate Cross Country Team

North Boroughs YMCA

5K Walk/Run

Saturday, July 18, 2009

5K Walk will start 8:00am

5K Run will start 8:15am

The Walk/Run will begin and end at the North Boroughs YMCA in Bellevue

Course: Short & Sweet
Flat & Fast
Thru Bellevue & Avalon

General: Limited Parking in Bellevue/Avalon
Restroom Facilities at YMCA
Come dressed to run

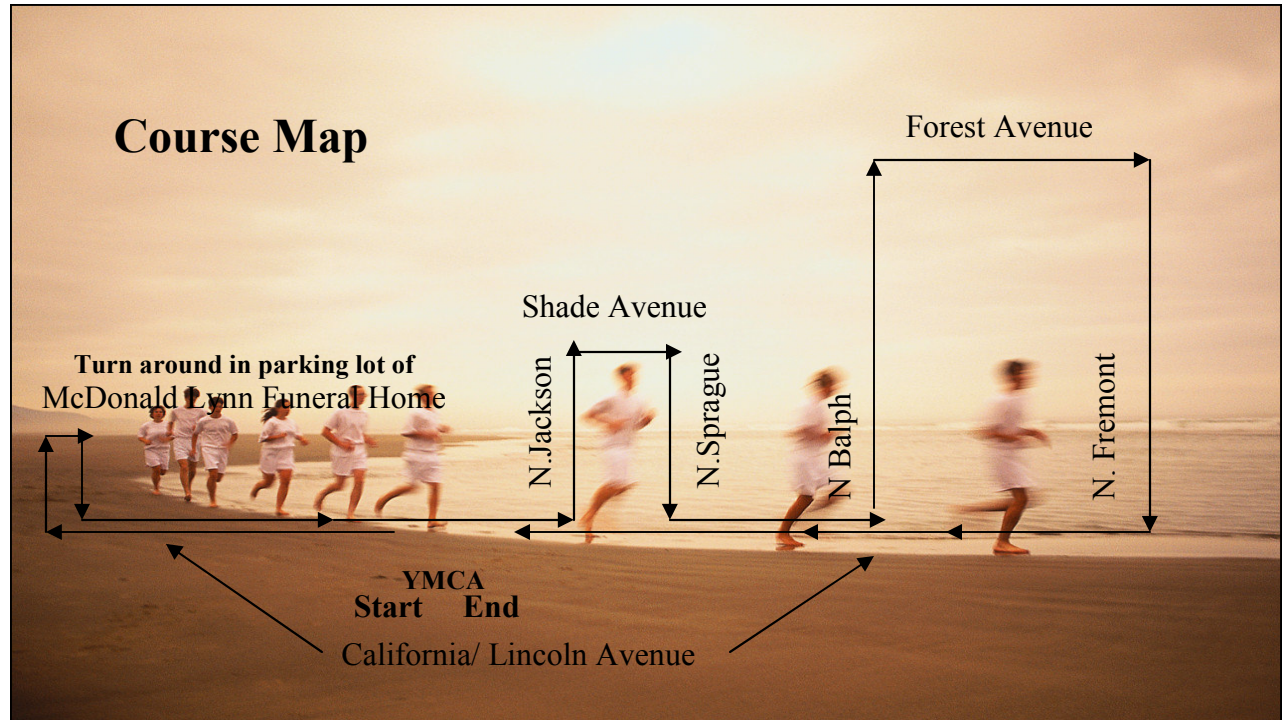
Weather: Race will take place regardless of weather
Aid stations will be on site
EMS will be on hand for major injuries

Awards: 1s, 2nd and 3rd place
Overall receive plaques
Male or Female
(Dick's Sporting Goods Gift Certificates)

1st, 2nd and 3rd place in
Individual divisions receive medals
Male and Female

Age Divisions:

9 & Under	30 to 34	55 to 59
10 to 14	35 to 39	60 to 64
15 to 19	40 to 44	65 to 69
20 to 24	45 to 49	70 and Up
25 to 29		



- **\$100.00 Sponsor**—Full Page Ad in Program Book, 10ft x 10ft tent on YMCA patio to promote your business
- **\$75.00 Sponsor**— Full Page Ad in Program Book
- **\$50.00 Sponsor**—Half Page Ad in Program Book
- **\$25.00 Sponsor**—Quarter Page Ad in Program Book

Packet Pick-Up/Late Registration

Registered runners, walkers can pick up race packets on race day starting at 7:00am.

Registration Fee:

- \$15.00 if postmarked or delivered by July 11, 2009
- \$17.00 thereafter or at time of race packet pick-up
- \$10.00 walkers (no recorded time)
- Please do not send cash. Make checks or money order payable to: North Boroughs YMCA
- Credit Cards accepted—Visa, Mastercard, Discover or Amer Express
- Your cancelled check will be your confirmation
- The registration fee is non-refundable
- This form can be photocopied
- Walkers and runners will be entered for door prizes



Results will be posted by
Miles of Smiles

Send payment to:
North Boroughs YMCA
629 Lincoln Avenue
Pittsburgh PA 15202
For more information, please contact us at 412-761-1227 or
E-mail—bberringer@ymcapgh.org



*We build strong kids,
strong families,
strong communities*