

# RACE FOR THE Y



## Fall Frolic 5K Run/Walk & 1-Mile Fun Run/Walk Superior YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Sunday, September 9, 2018 9:30am**

Runners and walkers of all levels welcome! Join us for our Fall Frolic 5K Run/Walk and 1-Mile Run/Walk which raises money for the Annual Support Campaign. 1-Mile Fun Run/Walk starts promptly at 9:30am followed by the 5K at 10:00am. The course starts and finishes at the Y traveling down paved city streets. The course is well marked and perfect for all level runners and walkers. Chip-Timed.



**NEW THIS YEAR:** Your race will have an impact in our community! The proceeds from this race go directly to the Annual Support Campaign, allowing the Y to be available to all.

**Register online: [www.tempotickets.com/fallfrolic18](http://www.tempotickets.com/fallfrolic18)**

### 5K Race Entry Fee by June 30th

Individual: \$20  
Team of 3: \$57  
Team of 5: \$95

Support a youth or family in need with a month-long membership to the Superior YMCA

### 5K Race Entry Fee by July 30th

Individual: \$25  
Team of 3: \$72  
Team of 5: \$120

Provide life saving swim lessons to area youth.

### 5K Race Entry Fee by August 30th

Individual: \$30  
Team of 3: \$90  
Team of 5: \$150

Encourage positive growth through youth sports and after-school programming.

### 5K Race Entry Fee Race Day

Individual: \$40  
Team of 3: \$117  
Team of 5: \$195

Help a child find adventure at Superior YMCA Day Camp

### TOP TEAM WILL WIN A PRIZE

**5K AWARDS:** Awards will be presented to the top 3 Male and Female Finishers in the following categories:

12 & Under | 13-19 | 20-29 | 30-39 |  
40-49 | 50-59 | 60+

**FUN ATTIRE IS ENCOURAGED!**

### Join us at the Y for FREE Family Fun!

Wellness Fair, Blood Drive & Bouncy House - 9:00am-Noon

FREE use of the Y for non-members - ALL DAY

Membership Special - ALL DAY

FOR MORE INFO: Contact Sarah or Jen 715-392-5611 [born2sweat@gmail.com](mailto:born2sweat@gmail.com), [jenrosnau@hotmail.com](mailto:jenrosnau@hotmail.com)

Superior Douglas County Family YMCA 9 N 21st St Superior, WI 54880 715-392-5611 [www.superiorymca.org](http://www.superiorymca.org)