



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



RACE FOR THE Y

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

Sunday, September 9, 2018

**1-Mile Fun Run/Walk starts promptly at 9:30am
followed by the 5K at 10:00am**

Proceeds from this race support the
Superior YMCA's Annual Support Campaign

Pre-registered packet pick-up & day
of registration 8:00-9:00am

Registered 5K runners receive swag bag

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.

To register: www.tempotickets.com/fallfrolic18

5K Race Entry Fee by June 30th	\$20
5K Race Entry Fee by July 31st	\$25
5K Race Entry Fee by August 30th	\$30
5K Race Entry Fee September 1st -Race Day	\$40
1-Mile Fun Run	FREE

**5K: 3 or 5 Person Team Discount \$1 off per person (Team Captain registers all team members at same time)
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+

No awards for 1-Mile Fun Run

FUN ATTIRE IS ENCOURAGED!

FOR MORE INFO:
Contact Cathi 715-392-5611
caustin@superiorymca.org

Superior YMCA
9 N 21st St Superior, WI 54880
715-392-5611 superiorymca.org

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**