

Y 5K/10K & 1-MILE FUN RUN/WALK REGISTRATION FORM

RUNNER'S FIRST NAME		LAST NAME	
D.O.B. ____ / ____ / ____		GENDER	AGE
STREET ADDRESS		APT.	
CITY		STATE	ZIP
PHONE#		EMAIL	
SHIRT SIZE: YOUTH S M L XL		ADULT S M L XL	
RACE: 1 MILE ____ 5K ____ 10K ____			
AMOUNT ENCLOSED			

LOCATION & DIRECTIONS

Hunters Ridge Subdivision is located 3 miles west of I-95 on State Road 40. Turn right into Hunters Ridge on Shadow Crossings Blvd to first stop sign. Turn left onto Hunters Ridge Blvd and travel north 1.5 miles to the Hunters Ridge Blvd/Airport Road intersection.

From Orlando: Take I-4 to I-95 N Exit 268. Head west for 3 miles to Hunters Ridge Subdivision.

From Jacksonville: Take I-95 S to Exit 268. Head west for 3 miles to Hunters Ridge Subdivision.

PARKING

Race day parking is available on the Southeast corner of Hunters Ridge Blvd and Airport Road. Signs will direct you to the parking area.

STRENGTHENING THE FOUNDATIONS OF COMMUNITY

VOLUSIA FLAGLER FAMILY YMCA | VFYMCA.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOTIVATE TRAIN ENDURE

**2nd Annual YMCA 5K/10K
& 1-Mile Fun Run/Walk**
December 7, 2013 | 7:00am

SPONSORED BY



ORMOND BEACH FAMILY YMCA
500 Sterthaus Drive | Ormond Beach, FL 32174



ABOUT THIS RACE

Our 5k/10k will put your physical endurance and mental strength to the test. This event is great for beginners and the most passionate fitness enthusiasts of any age. Join us at the starting line for a fun and challenging experience.

- Great Local Sponsors
 - USATF Race Course Certification – 5K
 - USATF Race Course Certification – 10K
- Race course is a “PR” Fast and Flat course

RACE DATE (DECEMBER 7)

10K – 7:00am SHARP

5K – 7:05am or directly following the 10K start

1-Mile Fun Run & Walk – 8:00am

ENTRY FEE

	5K	10K
Before October 20	\$20.00	\$25.00
Between October 21 – December 1	\$25.00	\$30.00
During Packet Pick-Up/Race Day	\$30.00	\$35.00

1-MILE FUN RUN & WALK

\$10.00 entry fee includes race t-shirt

Online and advanced mail-in registration must be completed and/or postmarked no later than November 18th. Mail in the attached entry form to the Ormond Beach Family YMCA, 500 Sterthaus Road, Ormond Beach, FL 32174. Make checks payable to: Ormond Beach Family YMCA. Online registration is available at www.altavistasports.com.

AMENITIES

- Fruit, Cookies, Pretzels, Bagels
 - Top quality race T-shirts
 - Gatorade
 - Water
 - Starbucks coffee
 - Music
- Portable restrooms

PACKET PICK-UP

Ormond Beach Family YMCA, Friday, **December 6th** from 11:00am – 6:00pm. Day of race registration and packet pickup is available but race shirts are not guaranteed.

AWARDS (TOP THREE)

5K

- To overall male and female
- Top overall male and female in age group 0-11, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 64-69, 70 & older

10K

- Top overall male and female
- Top overall male and female in age group 0-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 64-69, 70 & older

SPECIAL STUFF

Participants will enjoy a goodie-bag, **adult and youth size long sleeve race shirt**, post-race refreshments and award ceremony. Race results will be posted at the end of the race and online at www.altavistasports.com. **All finishers will receive a medal.**

WEATHER

The average weather in Ormond Beach during December is a high of 74 degrees and a low of 54 degrees. The races start at 7:00am, which should provide optimal running conditions.

For more information, please contact Mica Cyrus at mcyrus@vfymca.org or call 386.673.9622.