

NORTHGATE CROSS COUNTRY TEAM & NORTH BOROUGHS YMCA



5K RUN
5K FUN WALK

Saturday, July 20, 2013

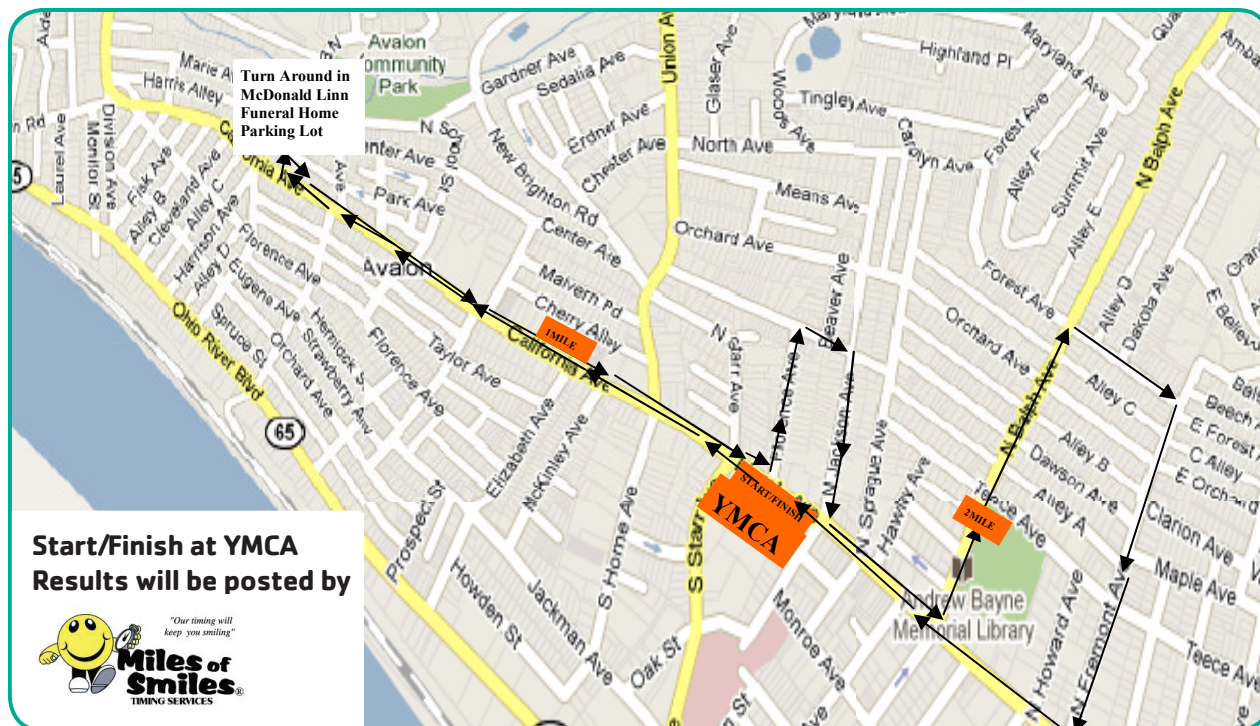
5K Walk will start 8am • 5K Run will start 8:15am

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

- COURSE:**
- Short & Sweet—Flat & Fast
 - Through 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 on site
- AWARDS:**
- Awards 1, 2 and 3 place overall receive plaques
 - Male and female 1st, 2nd and 3rd place in individual age groups receive medals

AGE DIVISIONS:

5K Run		
9 & Under	30-34	55-59
10-14	35-39	60-64
15-19	40-44	65-69
20-24	45-49	70+
25-29	50-54	



Start/Finish at YMCA
Results will be posted by



Consider supporting our event with an ad in our race program. Contact the YMCA at 412-761-1227 for more information.

- \$75 Sponsor Full Page Ad in Program Book
- \$50 Sponsor Half Page Ad in Program Book
- \$25 Sponsor Quarter Page Ad in Program Book

PACKET PICK-UP/LATE REGISTRATION

Registered runners, walkers can pick up race packets Friday, July 19, 2013 from 12-8pm at the YMCA office or at the starting line beginning 7am on race day.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REGISTRATION FEE:

\$18 if postmarked or delivered by July 15, 2013
\$20 after July 15, 2013
\$12 walkers

Please do not send cash.

**Make your check 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

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

**JULY 20, 2013—5K WALK/RUN
REGISTRATION FORM**

**Mail registration to North Boroughs YMCA,
629 Lincoln Avenue, Pittsburgh, PA 15202
or Fax 412-766-9408—payment must
accompany registration form.**

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Sex M F

E-mail _____

Date of Birth _____

Age as of 7/20/2013 _____

T-shirt size AS AM AL AXL AXXL

FEE: \$18 on or before July 15, 2013
\$20 after July 15, 2013
\$12 Walkers

Amt Enclosed: _____

Make checks payable to: North Boroughs YMCA
 Discover Visa MC American Express

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, its 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* _____ Date _____

*If under 18 years old

Non-Profit
U.S. Postage
PAID
Pittsburgh, PA
Permit No. 937

NORTH BOROUGHS YMCA
629 Lincoln Avenue
Pittsburgh, PA 15202



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**6TH ANNUAL
NORTH BOROUGHS
YMCA**



5K RUN / 5K FUN WALK

Sponsored By



**ALLEGHENY GENERAL HOSPITAL
SUBURBAN CAMPUS**

West Penn Allegheny Health System

Saturday, July 20, 2013

5K WALK: 8am

5K RUN: 8:15am

**Proceeds Benefit
Northgate Cross Country Team
&
North Boroughs YMCA
Building Bridges Campaign**

