



# Wheeling YMCA's 6<sup>th</sup> Annual 5k Run & Walk

In memory of Dr. Joe Palmer



## SATURDAY, AUGUST 5, 2023

Dr. Palmer was an avid supporter of the YMCA and the work the organization does throughout the community. Dr. Palmer often suggested the YMCA organize a fundraiser in honor of, or in memory of someone it felt embodied the YMCA's core beliefs and values. When he passed away in 2015, a discussion of an event to bring the community together in his memory began to take shape. The YMCA created a Race Committee who have worked together to put on a 5K Run/Walk in his honor. We hope you will consider helping to grow the tradition and help bring the community together for a day of health, competition, and support for the YMCA.

Medals to top 3 male & top 3 female runners/ walkers in their designated

| <u>RUN</u> |            | <u>WALK</u> |
|------------|------------|-------------|
| 14 & under | 40-44      | 19-29       |
| 15-19      | 45-49      | 30-39       |
| 20-24      | 50-54      | 40-49       |
| 25-29      | 55-59      | 50-59       |
| 30-34      | 60-64      | 60-69       |
| 35-39      | 65-69      |             |
|            | 70 & Older |             |

Separate medals for top 3 finishers racing with dogs.

Start time: 8:45am

Kids Fun Run: 8:15am

(Free for kids ages 6 & under)

- **Registration deadline: July 29, 2023**
- Fee: \$25 for adults, \$15 for kids ages 17 & under
- All participants receive a t-shirt

## Three ways to register:

- 1.) Call the YMCA at 304-242-8086
- 2.) Stop in to the YMCA In Person
- 3.) Scan the QR Code Below with your phone's camera to register online

