



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPIRIT SERIES

## YMCA COMMUNITY RUN/WALK SCHEDULE\* 2019

Ready, set... let's GO! Each month the Y hosts a run/walk of varying lengths to gather friends and celebrate healthy living. On some months we host traditional runs with timing and medals... and some months our runs are just for fun with wacky awards and spirit. The run/walk may be modified or canceled. No refunds. \*Schedule is subject to change. Please call the Y to register. **Share your event pictures on Facebook with #BeCauseY... and let's share the fun!**

### RUNNING IN THE NEW YEAR RESOLUTION RUN

Tuesday, January 1, 10:00 a.m.

5K Run/Walk and 1 Mile Family Fun Run/Walk. Start and finish at the YMCA. Free for all. No official times given. Join us for our open house after the run/walk.

### LOVE THE RUN YOU'RE WITH

Saturday, February 9, 8:00 a.m.

2 Mile Run/Walk and 1 Mile Family Fun Run/Walk. Start and finish at the YMCA. Free for members. \$5 for community. No official times given. Event apparel for purchase until 1/23. Presented with Kiwanis Club of Washington.

### 3-2-1 DASH FOR DOWN SYNDROME

Thursday, March 21 at 5:30 p.m.

3.21 K Run/Walk and 1 Mile Family Fun Run/Walk. Start and finish at the YMCA. \$13.21 includes a short sleeve event shirt. Upgrade to long sleeve for \$10 more. A donation of \$3.21 will be given to All Abilities Athletics for every registered participant. We also encourage you to wear your crazy socks to celebrate Down Syndrome Awareness Day. No official times given. Presented with All Abilities Athletics.

### HEALTHY KIDS DAY FITNESS CHALLENGE

Saturday, April 27, 9:00 a.m.

A challenge course for kids and families, start and finish at the Y. Free for all kids. \$15 includes a Healthy Kids Day shirt. It's a celebration of healthy kids and families. Event apparel for purchase until 4/7.

### RUN FOR THE BADGES 5K

Friday, August 23, 6:30 p.m. start

5K Run/Walk and 1 Mile Family Fun Run/Walk and Dog Walk to honor our police, fire and all emergency responders. Start and finish at the YMCA. \$5 to participate. Free for police officers, military and first responders. Event apparel for purchase until 8/4.



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### 5K GLO RUN, GLO FOR GIB

Friday, September 13, 6:30 p.m.

5K Run/Walk and 1 Mile Family Fun Run/Walk starts and finishes at the Y. Free for all participants. No official times given. Event shirts must be purchased by 8/25. Bring your glow gear and shine for Gib. Presented with Mike and Nikki Obermark family in memory of Gib.

### RUN TO READ

Saturday, October 12, 8:00 a.m. start

5K Run/Walk and 1 Mile Story Stroll. Start and finish at the Washington Public Library. Free for school employees. \$13 for all other participants. Chip timing. Awards for first finisher in all age categories 6-70. Includes cotton event shirt for registrations received before 9/25. Upgrade to dri-fit for \$10 more. All participants receive a book. Youth finishers receive a finishers medal. Presented with Missourian in Education.

### HALLOWEEN NIGHT RUN

Friday, October 25, 6:00 p.m. start

5K Run/Walk and 1 Mile Family Fun Run/Walk. Start and finish at the YMCA. Free for members. \$5 for community. Timing clock will run, unofficial times given. Medals awarded for top finishers at 7:00 p.m. Event apparel for purchase until 10/3. Spirit awards for Halloween costumes and fun! Stay for chili and snacks plus our family night trunk or treat until 7:00 p.m. Presented with Franklin County Area United Way and Girls on the Run.

### TURKEY DAY 10K

Thursday, November 28, 8:00 a.m. start

10K Run/Walk, 5K Fun Run/Walk and 1 Mile Dog Walk. Start and finish at the YMCA. \$13 includes a short sleeve event shirt. Chip timing. Medals awarded for top finishers in 10K age categories 6-70. Event apparel for purchase until 11/4. Enjoy turkey sliders, cider and Thanksgiving pie. 5K award ceremony at 8:45 a.m. and 10K awards at 9:30 a.m.

### FOUR RIVERS FAMILY YMCA

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