

YMCA OF KANAWHA VALLEY MISSION: "To put Christian principles into practice through programs that build healthy spirit, mind and body for all."

UPCOMING EVENTS

Healthy Kids Day (April 8, 2011)
Come out for our 12th annual Healthy Kids Day on April 8, 2011 from 6:00 – 8:30 pm at our Charleston location. This annual event includes hands-on activities, the National Guard rock climbing wall, horse and carriage rides, Kanawha County Bookmobile, fire house, free t-shirts, free food, music and more. Through support from various contributors, the YMCA offers this event free to the public and gives away prizes, such as bicycles, basketballs, footballs soccer balls and skateboards.

Corporate Cup (July 9 – 23, 2011)
Accept the challenge! Corporate Cup is friendly sports competition geared to promote corporate fitness and morale. 2011 will mark the 26th year this annual event has been held. Encourage your corporation or organization to compete in the 2011 YMCA Corporate Cup. For more information please contact Katie Hunter, Youth and Adult Sports Director at 304.340.3527 ext 1132 or adultsports@ymcawv.org

ymcawv.org

Tyler Mountain YMCA
5113 Rocky Fork Road
Cross Lanes, WV 25313
304.776.3323

Charleston Family YMCA
100 YMCA Drive
Charleston, WV 25311
304.340.3527



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING THAW 5K RUN / WALK

April 9, 2011 at Coonskin Park | ymcawv.org



SPRING THAW 5K RUN / WALK

Entry Fees	Member	Non-Member
If registered by March 29, 2011	\$15.00 per person	\$17.00 per person
If registered on / after March 30, 2011	\$17.00 per person	\$20.00 per person

Entry fee includes Spring Thaw 5K race t-shirt for adult and youth participants ages 6 and up.

Refund

No refund will be given after April 2, 2011.

Site Information

Location: Coonskin Park
2000 Coonskin Drive
Charleston, WV
Start: Clubhouse
Registration / Check-in: 9:00am – 9:45am
Time: 10:00am run & walk

Course Description

The 5k run / walk is an out-and-back course held within the confines of a county park. The road is paved with rolling hills. There will be limited vehicle traffic on the course.

Awards for Runners

Trophies will be awarded to the overall male and female winner. The top male and female of each category will receive a medal.

Age Categories

18 and Under
19-29
30-39
40-49
50+

Registration Information

Registration will be taken in the following ways:

- Registrations will be accepted until 9:45 am (on location) April 9, 2011.
- Visit the Charleston Family or Tyler Mountain YMCA Member Services Desk
- Register online at ymcawv.org
- Credit Cards: American Express, Visa, Master Card, Discover
- Make checks payable to:
CHARLESTON FAMILY YMCA
Attn: Katie Hunter, Race Director
100 YMCA Drive
Charleston WV, 25311

ENTRY FORM (ONE PER PERSON)

Select One: Adult (ages 13 and up) Youth (6-12 years of age) **Select One:** 5K Run 5K Walk

Children 5 and under do not need to register but may participate in the race for free with a registered adult.

First Name _____ Last Name _____

Male Female Age on Race Day _____ Birthdate _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

Emergency Contact Name _____ Emergency Contact Phone _____

Shirt Size: **Adult** S M L XL XXL **Youth** S M L

As of today, are you a YMCA of Kanawha Valley Member? Yes No

Participation Waiver

Release: I hereby release myself, my heirs, executors, agents and administrators, and relinquish all rights and claims for damages I may have against the YMCA of Kanawha Valley for all injuries which may be suffered by me in connection with my participation in the Spring Thaw 5k Run/Walk.

Signature _____ Date _____

Parent / Guardian Signature (if under 18) _____