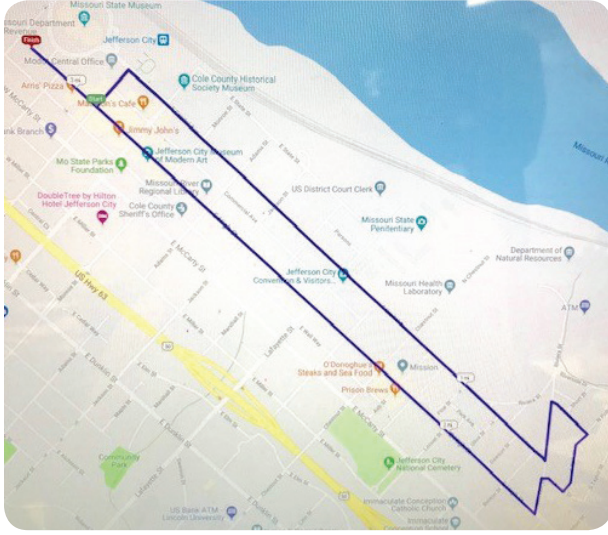


5K RUN/WALK RACE ROUTE



10K RUN RACE ROUTE



www.jcymca.org

BRENDA CHICK SCHOLARSHIP FUND
 The Brenda Chick Scholarship Fund was created in honor of Brenda Chick's dedication and commitment of 25 years of service to YMCA members. Brenda exemplifies the meaning of true servant leadership, and is a vivid example of what holistic health is all about. Accordingly, the parameters of this scholarship are also holistic, modeling the mission of the Jefferson City Area YMCA. Through youth development, healthy living, and social responsibility it will bring a positive change to the lives of the individuals and families involved. Each scholarship allocation will be awarded to individuals and families who are committed to making a lifestyle change specifically, within the area of Health & Wellness. Funding will be used toward the cost of Personal Training. For more information, please call 573.761.3225.

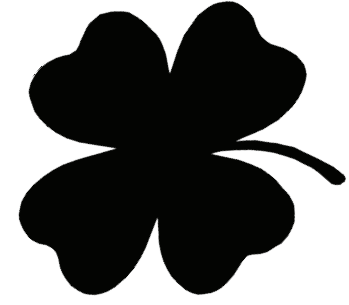
YMCA MISSION STATEMENT

The Jefferson City Area YMCA is an association comprised of persons of all ages, ethnic groups and religious affiliations dedicated to putting Christian principles into practice through programs that build a healthy spirit, mind and body for all.



JEFFERSON CITY AREA YMCA

Luck of the Irish 5K & 10K



Sat., March 16, 2019
 Downtown Jefferson City
 8:30 a.m. - 10K Run Start
 9 a.m. - 5K Run/Walk Start



Proceeds benefit the Brenda Chick Scholarship Fund which provides personal training to deserving individuals who otherwise could not afford it.

5K RUN/WALK REGISTRATION:

(thru March 9)

Adult.....\$25
Youth (14 & under).....\$20

5K RUN/WALK FAMILY

REGISTRATION:

(thru March 9--this option not available day of race)

4 Family Members.....\$70
5 Family Members.....\$80
6 or more Family Members.....\$90

10K RUN REGISTRATION:

(thru March 9)

Adult.....\$35
Youth (14 & under).....\$30

Shirts not guaranteed after pre-registration deadline.

DAY OF EVENT (March 16):

5K RUN/WALK

Adult.....\$30
Youth (14 & under).....\$25

5K RUN/WALK FAMILY: Not available day of event.

10K RUN

Adult.....\$40
Youth (14 & under).....\$35

EARLY PACKET PICK UP:

Friday, March 15 from 4-6 p.m. at the Firley Y at 525 Ellis Blvd.

RACE START/FINISH:

Registration will begin at 7:30 a.m. at Revel Catering and Events at 102 E. High St. The **10K Run** will begin at **8:30 a.m.** the **5K Run/Walk** will begin at **9 a.m.** at the intersection of Jefferson and High Streets. Runners will start the race with walkers following immediately behind. No pets.

COURSE:

Water station at start, mid-point and finish. Map available below and at jcymca.org.

AWARDS:

Runner awards will be presented to the overall male and female finisher, the top three male/female finishers in each age category for the 5K and 10K and to the overall male/female walker for the 5K.

AWARDS CEREMONY:

The awards ceremony will take place following the race.

AGE DIVISIONS:

- 10 & younger •40-49
- 11-14 •50-59
- 15-19 •60-69
- 20-29 •70 & older
- 30-39

WALKERS WELCOME for the 5K:

Walkers and runners are welcome to join us for the 5K portion of this event (*the 10K is for runners only*). Walker awards will only be given to the overall male and female walkers. The YMCA's Luck of the Irish 5K is for all ages and fitness levels.

2019 LUCK OF THE IRISH REGISTRATION FORM

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ Age on Race Day: _____

DOB: ____/____/____ Male Female 5K Runner 5K Walker 10K Runner Family Registration
(add family members to attached form)

Email: _____ T-Shirt size: Adult S M L XL XXL (add \$1)

Signature _____ Date _____ Receipt # _____ Amt. Pd. _____

Please Print

Return this form and registration fee to Jefferson City Area YMCA, PO Box 104176, Jefferson City, MO 65110-4176.

WAIVER: I acknowledge and represent that I am physically fit and sufficiently trained to participate in an event of this nature, and I accept full responsibility for any injury or accident resulting from my participation in this event and release from any and all liability the Jefferson City Area YMCA, all race sponsors and any race officials.

FUN & FITNESS WITH THE YMCA



LUCK OF THE IRISH 5K Family Registration Form

4 Family Members - \$70

Primary Registrant please complete brochure registration form. Add family members here.

Name: _____ DOB: ___/___/___ Age on Race Day: _____ Walker Runner

T-Shirt size: Adult S M L XL XXL (add \$1)

Name: _____ DOB: ___/___/___ Age on Race Day: _____ Walker Runner

T-Shirt size: Adult S M L XL XXL (add \$1)

Name: _____ DOB: ___/___/___ Age on Race Day: _____ Walker Runner

T-Shirt size: Adult S M L XL XXL (add \$1)

5 Family Members - \$80

Primary Registrant please complete brochure registration form. Add family members here.

Name: _____ DOB: ___/___/___ Age on Race Day: _____ Walker Runner

T-Shirt size: Adult S M L XL XXL (add \$1)

Name: _____ DOB: ___/___/___ Age on Race Day: _____ Walker Runner

T-Shirt size: Adult S M L XL XXL (add \$1)

Name: _____ DOB: ___/___/___ Age on Race Day: _____ Walker Runner

T-Shirt size: Adult S M L XL XXL (add \$1)

Name: _____ DOB: ___/___/___ Age on Race Day: _____ Walker Runner

T-Shirt size: Adult S M L XL XXL (add \$1)

6 Family Members - \$90

Primary Registrant please complete brochure registration form. Add family members here.

Name: _____ DOB: ___/___/___ Age on Race Day: _____ Walker Runner

T-Shirt size: Adult S M L XL XXL (add \$1)

Name: _____ DOB: ___/___/___ Age on Race Day: _____ Walker Runner

T-Shirt size: Adult S M L XL XXL (add \$1)

Name: _____ DOB: ___/___/___ Age on Race Day: _____ Walker Runner

T-Shirt size: Adult S M L XL XXL (add \$1)

Name: _____ DOB: ___/___/___ Age on Race Day: _____ Walker Runner

T-Shirt size: Adult S M L XL XXL (add \$1)

Name: _____ DOB: ___/___/___ Age on Race Day: _____ Walker Runner

T-Shirt size: Adult S M L XL XXL (add \$1)