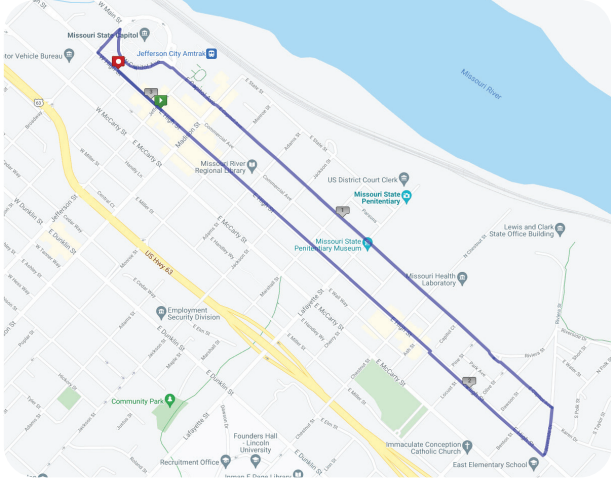
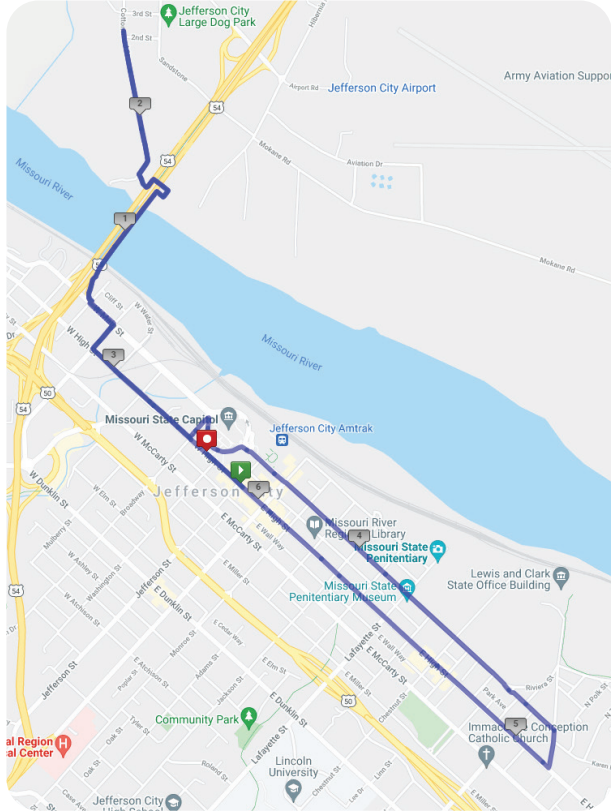


## 5K RUN/WALK RACE ROUTE



## 10K RUN RACE ROUTE



[www.jcymca.org](http://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.

To register online, scan this code with a mobile device, visit [www.jcymca.org](http://www.jcymca.org) or stop by any of our three YMCA facilities.



### YMCA MISSION

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 11, 2023  
 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 Mar. 9)**

Adult.....\$35

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

## **10K RUN REGISTRATION:**

**(thru Mar. 9)**

Adult.....\$45

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

*Shirts not guaranteed after pre-registration deadline.*

## **DAY OF EVENT REGISTRATION**

**(Mar. 11):**

### **5K RUN/WALK**

Adult.....\$45

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

### **10K RUN**

Adult.....\$55

Youth (14 & under).....\$45

### **EARLY PACKET PICK UP:**

Friday, Mar. 10 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.** and 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.

# **FUN & FITNESS WITH THE YMCA**

### **COURSE:**

Water station at start, mid-point and finish. Map available below and at [jcmca.org](http://jcmca.org).

### **AWARDS:**

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.

### **AWARDS CEREMONY:**

The awards ceremony will take place following the race.

### **AGE DIVISIONS:**

- 12 & younger
- 13-19
- 20-39
- 40-59
- 60 & up

### **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*). The YMCA's Luck of the Irish 5K is for all ages and fitness levels.

## **2023 LUCK OF THE IRISH REGISTRATION FORM**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Male  Female  5K Run/Walk  10K Run

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

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.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Receipt # \_\_\_\_\_ Amt. Pd. \_\_\_\_\_

*Please Print*