

JEFFERSON CITY AREA YMCA LUCK OF THE IRISH 5K/10K



Sat., March 15, 2025
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. 13)

Adult\$40
 Youth (14 & under)\$30

10K RUN REGISTRATION:

(thru Mar. 13)

Adult\$50
 Youth (14 & under)\$40

EARLY PACKET PICK UP:

Friday, Mar. 14 – 4–6 p.m. at the Firley Y at 525 Ellis Blvd.

DAY OF EVENT REGISTRATION

(Mar. 16):


5K RUN/WALK

Adult\$50
 Youth (14 & under)\$40

10K RUN

Adult\$60
 Youth (14 & under)\$50

Shirts not guaranteed after pre-registration deadline.

More race details, including race routes, on reverse side. 



2025 LUCK OF THE IRISH REGISTRATION FORM

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ Age on Race Day: _____ Email: _____

Sex: Male Female

Event: 5K Run/Walk 10K Run

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

Corporate Games Participant Company: _____

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

RACE START/FINISH:

Registration will begin at 7:30 a.m. at Bar Whiskey at 112 E. High St. The 10K Run will begin at 8:30 a.m. and the 5K Run/Walk will begin at 9 a.m. High Street. 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 & AWARDS CEREMONY:

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. The awards ceremony will take place following the race.

AGE DIVISIONS:

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

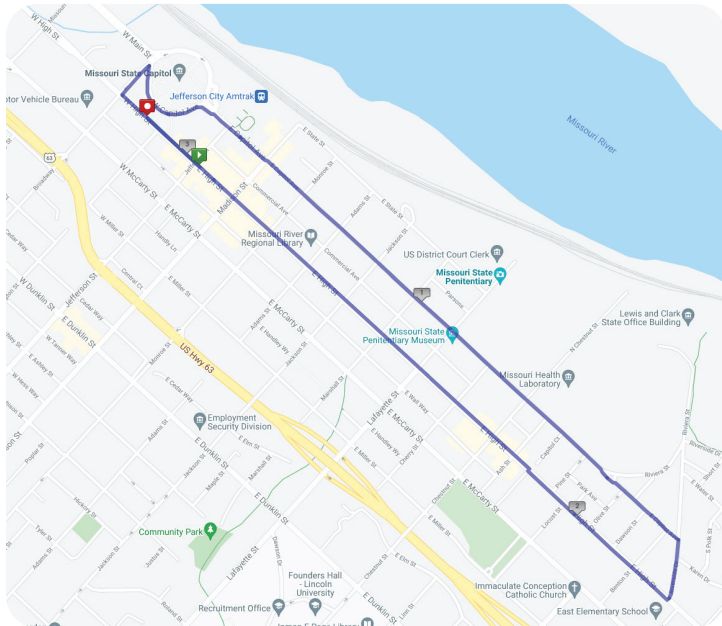
WALKERS WELCOME for the 5K:

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.

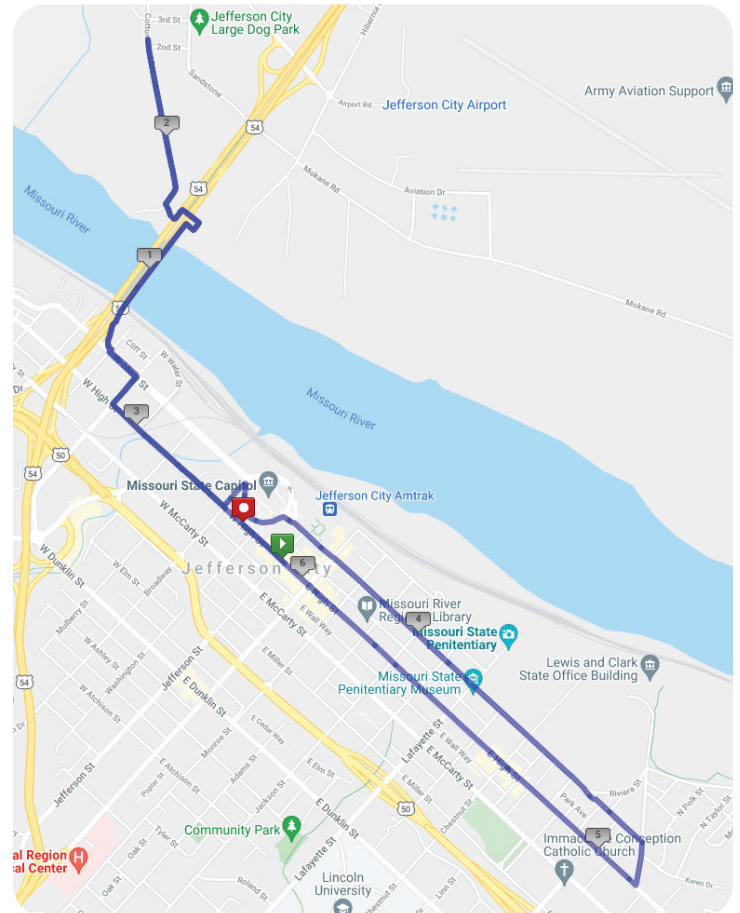
To register, scan this code with a mobile device, visit www.jcymca.org or stop by any of our three YMCA facilities.



5K RUN/WALK ROUTE



10K RUN ROUTE



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.

