# BLAIR REGIONAL YMCA COMMUNITY WELLNESS CHALLENGE SERIES

www.BlairRegionalYMCA.org

## **COURSE DESCRIPTIONS**

Visit www.blairregionalymca.org for race maps.

#### 5K RUN, 2 MILE RUN & 2 MILE WALK

Finish 2024 in a healthy way! Bid farewell to the old year with a walk or run through a dazzling display of holiday lights and animation. All courses run through the lights on the lake at Lakemont Park. This race is based on a loop and the amount of laps will be dependent upon your race.

DUE TO SAFETY CONCERNS PLEASE REFRAIN FROM

USING HEADPHONES

## REGISTRATION

#### **PRE-REGISTRATION**

The first 700 registered racers will be guaranteed a long sleeve t-shirt. Race registrations may be mailed in, dropped off or register online.

There will be no race changes on race day. There will be no refunds on race registration due to the inability to participate. If you lose your bib or need a new one issued, for any reason, there will be a \$5 fee assessed. Online registration closes Monday, December 30 (a) 11:00am.

#### **DAY OF RACE REGISTRATION**

Race registration for the day of the race is available from 3:00pm-4:30pm at Lakemont Park.

Shirts & Bibs included in Registration	Early Until %2#13	<b>Pre-</b> %2/14-%2/30	Day Of Race
Individual	<sup>\$</sup> 25	<sup>\$</sup> 32	<sup>\$</sup> 40
Family 2 or more from same household	<b>\$24</b> each	\$29 each	\$ <b>40</b> each
5 & Under must register in house	FREE	FREE	FREE

## **RACE PACKET PICK-UP**

#### **BEFORE THE RACE**

Race packets will be available at the Blair Regional Y on Monday, December 30, from 12pm-9:00pm & Tuesday, December 31 from 5am-12pm.

#### DAY OF THE RACE

Race packets are available at Lakemont Park ONLY from 3:30 to 4:45pm.

#### **AWARDS CEREMONY**

Awards will be given out immediately following each race. We will be awarding medals for the following categories: 5k run (top 3), 2m run & 2m walk overall finishers. Awards will also be given out to the top three male and female finishers in the 5k run, 2m run, and 2m walk in the following age categories: 6-8, 9-11, 12-14, 15-18, 19-24, 25-29, 30-34,

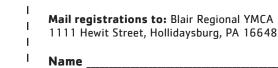
35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over

Award winners are asked to remain for the Awards Ceremony as no awards will be mailed.

### 2023 RACE RESULTS

5K RUN		
Overall Male:	Tanner McQuality	14:57
Overall Female:	Amy O'Donnell	16:50
2 MILE RUN		
Overall Male:	AJ Kelly	10:54
Overall Female:	Ashlyn Noce	12:29
2 MILE WALK		
Overall Male:	Carl Kondrach	19:05
Overall Female:	Donna Stoltz	22:10

**#CWCS #YRUN** 



Т

RACE

TWILIGHT

Register online at: www.BlairRegionalYMCA.org

City	State
Zip	
Date of E	Sirth Age (on Race Day)
Sex	□ M □ F
Tshirt Siz	e 🗌 Youth M 🗌 Youth L 🗌 S
	□ M □ L □ XL □ XXL (+\$2)
Race	5K Run
	2 Mile Run
	2 Mile Walk
Payment	: Method
Check	MasterCard Visa Discover
Credit Ca	rd #
Expiratio	n/ Three digit code
Waiver: In s	ubmitting this entry, I, intending to be legally bound fo
	eirs, executors and administrators, waive, release and narge the Blair Regional YMCA and all event sponsors,

successors and or assigns for any and all injuries suffered by me at this event. I attest that I am physically fit and prepared for this event. I understand I may be photographed and agree to allow my photo, video or film likeness to be used for legitimate purpose by any of the aforementioned parties.

#### Signature \_\_\_\_

Parent/Guardian if under 18

Date

## BLAIR REGIONAL YMCA COMMUNITY WELLNESS CHALLENGE SERIES



**SPONSORS** 

SPONSORSHIP OPPORTUNITIES AVALABLE! Contact: pbaker@ blairregionalymca.org

# **UPCOMING RACES:**

RACE SERIES FINALE: Stay tuned!

**RACE OF CHAMPIONS** -March 29, 2025 Races: 5k Run, 2 Mile Run & 2 Mile Walk

DIAMOND DASH - May 10, 2025 Races: 10K Run, 6K Run & 5k Walk

JULY 4TH ANGIE GIOIOSA MEMORIAL RACE Races: 15K Run, 5K Run, 2M Walk & Lollipop Race

CANOE CREEK TRIATHLON - August 2, 2025 Races: Triathlon, Duathlon, 5K Run & 2M Walk

OCTOBER HALF MARATHON - October 4, 2025 Races: 13.1M Run, 10K Run & 5K Walk

TURKEY TROT RACE - November 29, 2025 Races: 4.5M Run, 2M Run & 2M Walk

TWILIGHT RACE - December 31, 2025 Races: 5K Run, 2M Run & 2M Walk

## **SIGN UP NOW FOR 2025!**

Now is the time to accept the challenge and commit to compete in all 7 of our races in the 2025 Race Series. You will be guaranteed a race T-shirt for each race, an "All 7... All In" swag gift, receive courtesy email reminders, discount pricing and stress free registration.

ONLY ALL 7 PARTICIPANTS WILL BE ELIGIBLE TO RECEIVE A HOODED SWEATSHIRT FOR THE TWILIGHT RACE.

**REGISTRATION OPENING SOON!** 



# TWILIGHT RACE

## **December 31**

5K Run - 4:00PM 2M Run - 4:30PM 2M Walk - 5:00PM

### Start: Lakemont Park, Altoona PA



