



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACCEPT THE CHALLENGE! COMMIT #7STRONG

Guaranteed Race Shirt • Courtesy E-mail Reminders

Discount Pricing • Stress Free Registration

TWILIGHT RACE HOODED SWEATSHIRT EXCLUSIVELY FOR YOU

Special Rate for ALL 7: \$160

Add \$18 for Triathlon, Duathlon and/or \$18 for Half-Marathon

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Date of Birth: _____ Age: _____ Signature: _____

Sex: M F T-Shirt Size: Youth M Youth L S M L XL XXL

Hooded Sweatshirt Size (runs smaller than t-shirt) _____

Race of Champions:	<input type="checkbox"/> 5k Run	<input type="checkbox"/> 2 Mile Run	<input type="checkbox"/> 2 Mile Walk
Diamond Dash:	<input type="checkbox"/> 10k Run	<input type="checkbox"/> 6k Run	<input type="checkbox"/> 5k Walk
July 4th Race:	<input type="checkbox"/> 15k Run	<input type="checkbox"/> 5k Run	<input type="checkbox"/> 2 Mile Walk
Canoe Creek Races:	<input type="checkbox"/> Triathlon (add \$18)	<input type="checkbox"/> Duathlon (add \$18)	<input type="checkbox"/> 5k Run
October Races:	<input type="checkbox"/> Half-Marathon (add \$18)	<input type="checkbox"/> 10k Run	<input type="checkbox"/> 2 Mile Walk
Turkey Trot Race:	<input type="checkbox"/> 5 Mile Run	<input type="checkbox"/> 2.5 Mile Run	<input type="checkbox"/> 5k Walk
Twilight Race:	<input type="checkbox"/> 5k Run	<input type="checkbox"/> 2 Mile Run	<input type="checkbox"/> 2 Mile Walk

WAIVER: In submitting this entry, I, intending to be legally bound for myself, my heirs, executors and administrators, waive, release and forever discharge the Blair Regional YMCA and all event sponsors, event volunteers and their officers, directors, agents, successors and or assigns for any and all injuries suffered by me at this event, while traveling to and from race or while participating in the event. I attest that I am physically fit and prepared for this event. I understand that I may be photographed and agree to allow my photo, video or film likeness to be used for legitimate purpose by the aforementioned parties.



BLAIR REGIONAL YMCA

2026 COMMUNITY WELLNESS CHALLENGE SERIES

RACE OF CHAMPIONS

The first event of our race series begins and ends in Altoona. This is a great start to our series with a challenging course running up Broad Avenue Extension. This race offers a **5k run, 2 mile run and a 2 mile walk**.

Date: Saturday, March 28, 2026 at 8:00AM
Location: Blair Candy, Altoona

HOLLIDAYSBURG DIAMOND DASH

The Diamond Dash will offer a **10k run, 6k run & 5k walk**. The race will start/finish in the Hollidaysburg Diamond; a great tour of the Hollidaysburg Borough and the thriving downtown.

Date: Saturday, May 9, 2026 at 8:00AM
Location: Hollidaysburg Diamond

JULY 4th ANGIE GIOIOSA MEMORIAL RACE

In its 53rd year, this race includes a **15k run, 5k run (certified), 2 mile walk and Lollipop Run for ages 6 & under**. This race attracts upwards of 1000 participants with a massive spectator following. This year, we will be celebrating America's 250th birthday!

Date: Saturday, July 4, 2026 at 7:30AM
Location: Mishler Theatre, Downtown Altoona. Registration at Heritage Plaza 11th Avenue.

CANOE CREEK TRIATHLON & RACES

Our 36th annual **Triathlon** features a half mile open lake swim, followed by a 13 mile rolling hills bike ride, finishing with a 5k rolling hills run. You have the option to do a **Duathlon (run, bike, run), 5k run or 2 mile walk** instead of the triathlon.

Date: Saturday, August 1, 2026 at 8:00AM
Location: Canoe Creek State Park, PA

OCTOBER HALF-MARATHON & RACES

The 19th annual Half Marathon & Races will consist of a **13.1 mile run, 10k run and a 5k walk**. The race will start/finish at the YMCA. This race is our fastest growing race based on prior year participation levels.

Date: Saturday, October 3, 2026 at 7:30AM
Location: Blair Regional YMCA

TURKEY TROT RACE

The 23rd annual Turkey Trot Race consists of a **rolling 5 mile run, 2.5 mile run and 2.5 mile walk**. This is one of our most popular family events for locals and those visiting from out of town.

Date: Saturday, November 28, 2026 at 8:30AM
Location: Blair Regional YMCA

TWILIGHT RACE

Bring the family along to start your New Year celebration early with a **5k run, 2 mile run and 2 mile walk** through Lakemont Park's Holiday Lights on the Lake.

Date: Thursday, December 31, 2026 at 4:00PM - 5k Run, 4:30PM - 2 mile run, 5:00PM - 2 mile walk
Location: Lakemont Park, Altoona