



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET A RUNNING START ON THE NEW YEAR 5K



Superior YMCA 5k Fundraiser will be held throughout the month of January (1st-31st).

The 5k can be completed ANY way a participant chooses....bike, run, walk, swim, elliptical, NuStep, rower etc. It's all self-timed and self-reported.

WHO: Members & Non-Members of ALL ages

COST: \$ 16.99 per participant-The Y will receive \$5 for every registered participant. This money will be used to aid in purchasing new and updated equipment for the Fitness Room.

ALL registration is done via the Event page below. [No fees will be collected here at the Y.](#)

Register Online: <http://bit.ly/SuperiorYGetarunningstart5k>



Fun Run-No placement but ALL registrants receive a specially designed Finishers Medal in the mail



Sponsored by



For any additional information, please contact Sarah at the Superior YMCA,
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