



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2019

SUPERIOR DOUGLAS COUNTY FAMILY YMCA



RUN FOR ALL

5K 10K

& KIDS 1 MILE FUN RUN



SUNDAY, SEPTEMBER 15th

Runners and walkers of all levels welcome! Join us for our Run for All 5K & 10K Run/Walk and 1-Mile Run/Walk which raises money for the Annual Support Campaign. 1-Mile Fun Run/Walk starts promptly at 9:00am followed by the 5K & 10K at 9:30am. The course starts and finishes at the Y traveling down paved city streets. The course is well marked and perfect for all level runners and walkers. Chip-Timed.

TRAINING GROUP

Join our 6 week training program to get you in the best shape for our Run for All 5K or 10K. Training group starts August 1st and meets Tuesday and Thursdays at 6:00am.

Cost is \$40 which includes Training Program and Run for All Race Fee!

Prizes for male and female
1st place finishers

	5K Run/Walk	10K Run/Walk
June 1st- September 14	\$25	\$35
Day of Sept 15	\$40	\$50

REGISTER NOW!

FREE 1-Mile Fun Run

REGISTRATION

<https://www.tempotickets.com/runforall19>
or at the front desk

FOR MORE INFO:

Contact Sarah or Jen 715-392-5611, selizabeth@superiorymca.org,
jrosnau@superiorymca.org

SUPERIOR DOUGLAS COUNTY FAMILY YMCA
9 N 21st St Superior, WI 54880
715-392-5611 www.superiorymca.org

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