



EXPLORE THE SUMMER

29th Annual Hoof It to Health Road Race

A Beef Empire Days Collaboration

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

June 1, 2019

GARDEN CITY FAMILY YMCA

Sign up for the 5K/10K Run, 2 mile walk, or 1/2 mile kids race!

Race begins and ends near the YMCA at the corner of Harding and Center Streets at 8 a.m. Everyone who runs will be entitled to a half price shake from the YMCA Finish Line Shake Bar. Just show your race bib!

Sponsored by: Scheopner's Water Conditioning & Ehresman Packing

Fee: \$20 Members & SWFTR Members
\$40 Program Participants
Kids 1/2 mile race is FREE!
Fee includes t-shirt

Deadline: Tuesday, May 21
(Extended registration fee of \$5 if you sign up after the deadline; shirts not guaranteed after this date)

Time: 7 a.m. registration
8 a.m. race begins

Prizes: For top male & female overall, top three in each division, oldest participant, youngest participant, first and last to register and farthest distance traveled.



Manuel Guzmán, Healthy Initiatives & Nutrition Director
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Ask about our Helping Hands Scholarship Program!



ONLINE REGISTRATION NOW AVAILABLE FOR SELECT PROGRAMS!

www.ymcaswkansas.org/register-online

Hoof it to Health Registration Form

5k Run

10k Run

2 mile walk

Kids 1/2 mile

NAME: _____ ADDRESS: _____

D.O.B. _____ HOME PHONE: _____

CELL PHONE: _____ E-MAIL _____

EMERGENCY CONTACT: _____ EMERGENCY CONTACT #: _____

PARENT (IF UNDER 18) _____ PHONE: _____

WE USE TEXT MESSAGING TO COMMUNICATE WITH PROGRAM PARTICIPANTS FOR IMPORTANT UPDATES, CANCELATIONS AND MORE. IF YOU PREFER TO OPT OUT OF THESE MESSAGES CHECK HERE: _____. (Be sure cell number is listed above.)

The Y. So Much More. | YMCA of Southwest Kansas | www.ymcaswkansas.org