



EXPLORE THE SUMMER

28th Annual Hoof It to Health Road Race

A Beef Empire Days Collaboration

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

June 2, 2018

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 23
(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.

Contact: Steven Lynch, Healthy Living Director
(P) 620.275.1199(E) slynch@ymcaswkansas.org



FOR UP-TO-DATE INFORMATION, ANNOUNCEMENTS, EVENTS, SCHEDULES AND MORE, DOWNLOAD OUR FREE MOBILE APP!
SEARCH 'YMCA OF SOUTHWEST KANSAS' FOR THE APP STORE OR PLAY STORE!

Ask about our Helping Hands Scholarship Program!



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

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: ____.

(Please be sure your cell number is listed on the form above.)