



NOT ALL HEROES WEAR CAPES

GARDEN CITY FAMILY

Do you have a favorite superhero? Then this would be the walk/run for you. Join the Garden City Family YMCA in the 3rd Annual Superhero run/walk for LiveStrong. Come dressed as your favorite hero and have a good time. This is a FREE 12 week program for adult cancer survivors lead by certified staff with the intention of guiding cancer survivors in finding their "new normal." All the proceeds from the race will go into the LiveStrong program.

Sponsored by: Pearls Sports Shop, ESA Alpha Zeta & Complete Nutrition

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

Date: July 22, 2017

Deadline: Tuesday July 18, 2017
(Extended registration fee of \$5 if you sign up after the deadline; shirts not guaranteed after this date)

Time: 7:00 a.m. registration
8:00 a.m. race begins

Location: Talley Trail by Edith Scheuerman Elementary School



Questions:

Steven Lynch, Healthy Living Director
(P) 620.275.1199
(E) gckymca.fitness@gmail.com

Ask about our Helping Hands
Scholarship Program!

The Y.... So Much More

~Sign up for text alerts or email blasts by visiting our website www.ymcaswkansas.org today!

Superhero Run Registration Form

5k Run

2 mile walk

kids 1/2 mile

Name: _____ Address: _____ Shirt Size: _____

D.O.B. _____ Home Phone: _____

Work Phone: _____ E-Mail _____