



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPIRIT SERIES

YMCA COMMUNITY RUN/WALK SCHEDULE* 2017

Ready, set... let's GO! Each month the Y hosts a run/walk of varying lengths to gather friends and celebrate healthy living. On some months we host traditional runs with timing and medals... and some months our runs are just for fun with wacky awards and spirit. The run/walk may be modified or canceled. No refunds. *Schedule is subject to change. Please call the Y to register. **Share your event pictures on Facebook with #BeCauseY... and let's share the fun!**

NEW YEAR'S DAY INSPIRING DREAMS 5K

Sunday, January 1, 10:00 a.m.

5K Run/Walk and 1 Mile Family Fun Run/Walk. Start and finish at the YMCA. Free for all. No official times given. Event apparel for purchase until 12/13. Join us for our open house after the run/walk. Presented with American Family Insurance.

LOVE THE RUN YOU'RE WITH

Saturday, February 11, 8:00 a.m.

2 Mile Run/Walk and 1 Mile Family Fun Run/Walk. Start and finish at the YMCA. Free for members. \$5 for community. No official times given. Event apparel for purchase until 1/24. Dogs welcome.

THE ART RUN

Saturday, March 11, 8:00 a.m.

5K Run/Walk and 1 Mile Family Fun Run/Walk. Start and finish at the YMCA. Free for members. \$5 for community. . apparel for purchase until 2/21. Presented with the Arts Council of Washington.

BORGIA FEST CONNECTION RUN

Saturday, April 29, 8:30 a.m.

5K Run/Walk and 1 Mile Family Fun Run/Walk. Start and finish at the SFBRHS. Registration through SFBRHS with more information to come. Presented with SFBRHS.

CINCO K MAYO

Friday, May 5, 6:00 p.m.

5K out and back route to celebrate Cinco K Mayo. Start and finish at the YMCA. Free members and everyone presenting a WINGS Picnic in the Park ticket. \$5 for everyone else. No official times given. Event apparel for purchase until 4/18. Awards for first mom and child(ren) to finish together. Stroller award plus mom and child look-a-like contest. Presented with Grace's Place.

THE COLOR SPRAY 5K

Friday, June 2, 6:30 p.m.

5K Run/Walk and 1 Mile Family Fun Run/Walk starts and finishes at the Y. \$5 for members. \$10 for community. Fee includes one color packet. No official times given. Extra color packets available for purchase. Event apparel for purchase until 5/15. Presented with Franklin County Area United Way.

HEARTS FOR HEROES VIRTUAL RUN

Run this one on your own or with a group of friends over the holiday weekend to celebrate our military, veterans and emergency responders. Buy an event shirt to celebrate our country's heroes... for purchase until 6/13.



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COPS ROCK RUN

Saturday, June 24, 8 a.m. start

5K Run/Walk and 1 Mile Family Fun Run/Walk and Dog Walk to honor our police officers and emergency responders. Start and finish at the YMCA. \$5 to participate. Free for police officers, military and first responders. Chip timing with medals for first finishers in ages groups 8-80. Event apparel for purchase until 6/8, \$20 short sleeve dri fit shirt.

WASH MO MUD RUN

Saturday, August 26

Not your typical Spirit Series 5K, but definitely something to mark on your calendar. More information available at washmomudrun.com.

5K GLO RUN, GLO FOR GIB

Friday, September 15, 6:30 p.m.

5K Run/Walk and 1 Mile Family Fun Run/Walk starts and finishes at the Y. Free for all participants. No official times given. Bring your glow gear and shine for Gib. Presented with Mike and Nikki Obermark to benefit All Abilities Park.

RUN TO READ

Saturday, October 14, 8:00 a.m. start

5K Run/Walk and 1 Mile Story Stroll. Start and finish at the Washington Public Library. Free for school employees. \$12 for all other participants. Chip timing. Awards for first finisher in all age categories 6-70. Includes cotton event shirt for registrations received before 9/26. Upgrade to dri-fit for \$10 more. All participants receive a book. Youth finishers receive a finishers medal. Presented with Missourian in Education.

HALLOWEEN NIGHT RUN

Friday, October 20, 6:00 p.m. start

5K Run/Walk and 1 Mile Family Fun Run/Walk. Start and finish at the YMCA. Free for members. \$5 for community. Timing clock will run. Chip timing. Medals awarded for top finishers at 7:00 p.m. Event apparel for purchase until 10/3. Spirit awards for Halloween costumes and fun! Stay for chili, cider and popcorn plus our family night trunk or treat until 7:00 p.m. Presented with Girls on the Run.

TURKEY DAY 10K

Thursday, November 23, 8:00 a.m. start

10K Run/Walk, 5K Fun Run/Walk and 1 Mile Dog Walk. Start and finish at the YMCA. \$12 includes a short sleeve event shirt. Chip timing. Medals awarded for top finishers in 10K age categories 6-70. Event apparel for purchase until 10/31. Enjoy turkey sliders, cider and Thanksgiving pie. Award ceremony at 9:30 a.m.

REINDEER RUN

Saturday, December 2, 8:00 a.m.

5K Run/Walk and 1 Mile Family Fun Run/Walk. Start and finish at the YMCA. Registration through St. Gertrude's School with more information to come. Presented with St, Gertrude's Parish and School.

FOUR RIVERS FAMILY YMCA

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