

# GENERAL INFO

**DATE:** Saturday, October 8th, 2016

## START TIMES:

Tiny Trot-9:15 am    Jr. Jog- 9:30 am  
5K Runners-10 am    5K Walkers-10 am

## GENERAL INFORMATION

- The start/finish line, is approx. 2 1/2 blocks from the YMCA. Water stations & course monitors will be positioned along the course. The course will remain open for 90 minutes.
- Race participants are welcome to use the Franklin YMCA locker rooms from 8 am-1 pm.
- Registration is required for ALL participants.
- For safety purposes racers with strollers should move to the back of the start group.
- Dogs are not allowed on the race course.
- Children ages 8 and younger participating in the 5K must be accompanied by an adult.
- **Runner's High** handles the 5K timing. All concerns regarding shoe chips/race time should be directed immediately to the **Runner's High** official. Chips must be removed & returned at the finish line. Racers who do not return chips will be charged \$35.

## T-SHIRT & PACKET PICK-UP

5K Racers may pick-up their T-shirt & packets at the Franklin Y Gymnasium on either date:

- Friday, October 7th, 6:00 - 8:00 pm
- Saturday, October 8th, 8:00 -9:30 am
- Photo ID may be required for adults

### FRANKLIN YMCA MISSION STATEMENT-

To foster strong individuals, families and communities with Christian values by providing quality programs that strengthen spirit, mind & body for all.

# REGISTRATION

## REGISTRATION OPTIONS

- Drop off or send forms & fees to:  
**Franklin YMCA- Race Registration**  
111 West Park St, Franklin PA 16323
- Registration online- for details please check [www.franklinymca.org](http://www.franklinymca.org)
- Register by phone, call **814.432.2138**

## EARLY BIRD REGISTRATION

Applies to ALL registrations received or postmarked by Friday, September 16th, 2016

### 5K RACE FOR ANY PACE

Runners/Walkers- \$20  
Franklin & Grove City Y Members- \$18

### YOUTH FUN RUNS

Tiny Trotters & Jr. Joggers- \$12  
Franklin & Grove City Y Members- \$10

All Tiny Trotters and Jr. Joggers who complete the race will receive an award.

## LATE REGISTRATION

Applies to ALL registrations received or postmarked after Friday, September 16th, 2016

### 5K RACE FOR ANY PACE

All Runners/Walkers- \$25  
Late registrations for the 5K will be accepted at the YMCA until 9:35 am, Sat., October 8th.

### YOUTH FUN RUNS

Tiny Trotters & Jr. Joggers- \$12  
Late registrations for the Fun Runs will be accepted at the YMCA until 8 am, October 8th.

## PARTICIPANT REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Emergency Contact Phone \_\_\_\_\_

Member of Franklin or Grove City Y?     YES     NO

### T-Shirt size, please circle one:

Youth : Small    Medium    Large

Adult : Small    Medium    Large    XL    XXL

### Division, please check one:

5K Runner     Tiny Trotter, (ages 3-7)

5K Walker     Jr. Joggers, (ages 8-12)

Birth date: \_\_\_\_\_ Age on Race Date: \_\_\_\_\_

Gender, please circle one:    Male    Female

Registration Fee enclosed: \$ \_\_\_\_\_  
(Early Bird Rate Deadline: Friday, September 16, 2016)

Waiver: In consideration of the acceptance of this entry, I waive myself, my heirs and assigns, all claims for damages which I might have against the race, its sponsors or any other organization, business or individual as a result of any and all injuries which might be received during the contest. I also release any photos that may involve myself. I have read and fully understand all information provided in this flyer.

Signature of \*Participant, age 18 years or older:

\_\_\_\_\_

\*Name & Signature of Parent if participant is under age 18.

Name \_\_\_\_\_

Signature \_\_\_\_\_

# RACE DAY SCHEDULE

## SATURDAY, OCTOBER 8TH

**8:00-9:30 am, T-shirt & packet pick-up**

Pre-registered racers may pick up their T-shirt & packet at the Franklin YMCA.

**8:00-9:30 am, Late Registration**

Racers not previously registered may do so at the Franklin YMCA during this time.

**9:15 am, \*Tiny Trot**

A 50 yard \*Fun Run for racers ages 3-7

**9:30 am, \*Junior Jog**

A one mile \*Fun Run for racers ages 8-12

### \*Fun Run Details-

Our Fun Runs are held along the 1200 block of Liberty Street & will be marked & secure for our participants. A parent or guardian, age 14 years or older, must accompany their Trotters and Joggers to these races. All finishers will receive an award. T-shirts are guaranteed for all 'Early-Bird' registrants.

**10:00 am, 5K Race for Any Pace**

This 3.1 mile TAC certified 5K race begins on the 1200 block of Liberty Street and follows Liberty Street to the 1/2 way mark. Participants return along the same course.

**11:30 am, 5K Awards Ceremony**

Franklin YMCA Gymnasium

**1:00 pm, Franklin YMCA closes**

The Y will close approximately 15 minutes after the Awards Ceremony is finished.

# APPLEFEST 5K RACE

## 5K AGE DIVISIONS

**Open Categories (under age 39):**

11 & under, 12-15, 16-19,  
20-24, 25-29, 30-34, 35-39

**Masters Categories (over age 40):**

40-44, 45-49, 50-54, 55-59,  
60-64, 65-69, 70 & over

## 5K RACE AWARDS & CEREMONY

This year the awards will be from Wendell August Forge. The ceremony will be held in the FRANKLIN Y Gymnasium, at approximately 11:30 am. Awards not picked up at the ceremony are the responsibility of the participant & must be picked up at the YMCA, by Oct. 31, 2016. Awards can be mailed, but will not be mailed without pre-paid shipping & postage. Please call the YMCA for mailing details.

### • Overall Top 3, Runners & Walkers:

Awards will be given to the Top 3 Overall category, male & female, runners & walkers.

### • Masters Top 3, Runners & Walkers:

Awards will be given to the Top 3 Masters category, male & female, runners & walkers.

### • Age Division Top 3, Runners & Walkers:

Prizes will be awarded to Top 3 runners & walkers, male & female, in each Age Division.

## 5K RACE RESULTS

5K Race results will be posted after the race, as soon as they are available, at the FRANKLIN YMCA. Results will also be available online at [www.runhigh.com](http://www.runhigh.com) & [www.franklinymca.org](http://www.franklinymca.org)

## QUESTIONS

For additional information please call the Y at 814.432.2138 or email our Race Coordinator, Deb Krizon, at [dkrizon@franklinymca.org](mailto:dkrizon@franklinymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# APPLEFEST

## 5K RUN/WALK & YOUTH FUN RUNS

SATURDAY, OCTOBER 8TH, 2016



## OUR SPONSORS-THANK YOU!



[www.primefitnessusa.com](http://www.primefitnessusa.com)

Dr. Jay D Stevens, MD

Edwards Jones, Franklin PA

## FRANKLIN YMCA

111 West Park Street, Franklin PA 16323

Phone: 814.432.2138 Fax: 814.437.1167

[www.franklinymca.org](http://www.franklinymca.org)  Like us on Facebook