

Plymouth YMCA

30th Fathers Day Run



YMCA

We build strong kids,
strong families, strong communities.



PACKET PICK-UP

Saturday June 20th, 9am – 2pm
The Plymouth Y office,
248 Union Plymouth, MI 48170
734-453-2904
Race day – 6:30am-8:30am
The Gathering (next to Penn Theater)

**Sunday
June 21, 2009**

**Diaper Dash / Wee Walkers
Kids Jog – Kids Trot
1 Mile Walk / Run
5K Walk / Run
10K Run
15th MDG Triple
(10.3 Miles)**

Proceeds benefit the
PLYMOUTH YMCA
“Strong Kids Campaign”

General Race information
Start Times/Locations
Course Maps
Weather Policy
www.ymcadetroit.org

YMCA Race Entry Form

June 21, 2009

On-Line Registration www.active.com

PLEASE CHECK ONE BOX ONLY

	Before 6/01/09	6/01/09- 6/14/09	6/15/09- Race Day
Diaper Dash (0-1) (crawlers) 9am-Kellogg Park	\$0	\$0	\$0
Wee Walkers (1-2) 9am	\$0	\$0	\$0
Kids Trot (3-4) 7:30am	\$10	\$10	\$12
Kids Jog (5-7) 7:45am	\$10	\$10	\$12
1 Mile Run 8am OR 1Mile Walk 8am	\$23	\$25	\$30
5K Run 8:15am OR 5K Walk 8:15am	\$23	\$25	\$30
10K Run 8:45am	\$23	\$25	\$30
MDG Triple (1Mile, 5K and 10K) 10.3M	\$50	\$55	\$60

*Family Discount-\$10 from total-4or more same household

(DOES NOT INCLUDE MDG TRIPLE)

Race Total

\$

Yes, I will make an additional donation to the
“Strong Kids” Scholarship Campaign

\$

TOTAL

\$

New!! ChronoTrack D-tag timing
Visit www.chronotrack.com for more information

CASH PRIZES!

MDG Triple-10.3 Miles Overall Male/Female
First 1500 Registered Guaranteed Tech Shirts
Race photos www.plymouthpictures.com
Andrew Rubenstein, MD

ALL INFORMATION BELOW MUST BE FILLED IN

One Form per Person



Name _____ Date of Birth _____ Age _____ M/F _____

Street _____ City _____ State _____ Zip _____

Phone _____ E-mail _____

SHIRT SIZE Adult S M L XL Kids Trot/ Jog ONLY Youth S M L

Method of Payment Mail to: 248 S Union, Plymouth, 48170 or fax 734-453-4191

Checks –payable to Plymouth YMCA Cash Credit Card

Credit Card # _____ Exp. Date _____ Security Code _____

I hereby state that I am in proper condition for the race I have entered and that I waive any right I may have against the Plymouth YMCA and any of the sponsors and the city of Plymouth for any injury or damages resulting from my participation in the Plymouth Family YMCA Father's Day Run. The YMCA has my permission to publish any pictures taken at the event.

Signature _____

Parent/Guardian (under 18yrs) _____



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