

**2010 YMCA North Country Community Cup
Healthy Lifestyle Events**

NOTE: All Healthy Lifestyle Events require signature by a NCCC Committee member or Event Sponsor on the day of the event to qualify. (No signature–no points!)

Mar – May (one screening only)

Blood Pressure Screening (no appointment necessary)
10:00 a.m. – 3:00 p.m.
All Watertown Kinney Drug locations, as well as
Carthage, Adams, and Lowville
Participation Points: 5

March 5

Children's Miracle Network Dance Marathon
9 PM – 9 AM at Case Middle School
Registration begins at 7 PM
\$25 per person; Prizes awarded for top 3 fundraisers
Applications available via the website at:
stayingawakeforkids.com or
**Contact: Angela, Brett, Erica or Tessa at 785-4494
(between 8 am – 12) or 785-4000 ask for Children's
Miracle Network**
Participation Points: 5

March 6

Family Counseling Service Snowflake Rally
Cardboard Sled Race @ Dry Hill Ski Area; \$25 per sled
9:00 am Registration; 10:00 am Race
Pre-register at www.skidryhill.com
Contact: Pattie Schreck at 661-2387
Participation Points: 5

March 13

WCSD Relay for Life Volleyball Tournament
11 am – 5 pm; Middle School/Watertown High School
Team entry cutoff date is March 5th; round robin format
\$80 per team; Co-ed (at least 3 females)
Contact: Mark Taylor, 785-3863
Participation Points: 5

Mar 13

Shamrock Run
10 a.m. start; Dulles State Office Building, Watertown
5 mile Run and 2.2 mile fun Run/Walk
Pre-registration ends March 7th at 5 pm
5 mile: Member- \$15 Non-Member - \$18
2.2 Mile Run/Walk: Member - \$12 Non-Member - \$15
T-shirts only to those who are preregistered
Race Day
Registration ENDS at 9:30 am NO EXCEPTIONS
5 mile: Member- \$15 Non-Member - \$18
2.2 Mile Run/Walk: Member - \$10 Non-Member - \$12
Contact: Steve Rowell at 782-3100
Participation Points: 5

Mar 13

1 pointers begin
1 pt per workout, max. 1 point/day

March 20

Booster Club Volleyball Tournament
Case Middle School/Watertown High School
Time: 8:30 AM – 3:30 PM
Cost: \$80 per team
**Contact: Robin Boomhower at 782-8320 or
rboomhower@watertowncsd.org**
Participation Points: 5

March 21

Mission Steps Walk to benefit Multiple Sclerosis
Salmon Run Mall
Check In at 9:30 am
Walk Starts at 10 am
Distance: 3 or 6 laps
Register by March 15th and receive T-shirt on Walk Day
Collect donations of at least \$30 and get a free lunch
Contact: MS Resources of CNY Inc at 438-4790 or 1-800-
975-2404 or online www.msresources.org
Participation Points: 5

March 27

Big Brothers Big Sisters Bowl for Kids Sake
12 pm – 4 pm
Seaway Bowling Lanes, Watertown
**Contact: Leah Tidd at 777-9208 or email
bbbs@nnychildrenshome.com**
Collect donations; T-shirt if you raise \$75
Free food and prizes
Participation Points: 5

Apr 10

Ardison/Farney Run
Beaver Falls United Methodist Church
5K Walk/Run; 8.2 mile Run; ½ mile fun run for kids
Races: 9 am; Awards and T-shirts
**Contact: Alex Barrett at abarrett@brcsd.org or 376-4537 or
look on Northernrunner.org**
Participation Points: 5

Apr 19 – Apr 29

YMCA Orientation
Must attend in order to receive free YMCA membership card
Downtown YMCA: 6:30 PM on Apr 19, 21, 26, 28 and **12:15
PM** on Apr 20, 22, 27, 29
Fairgrounds YMCA: 5:30 PM on Apr 21 and Apr 28 and
12:15 PM on Apr 19, 22, 26, 29
Participation Points: 5

Apr 19 – May 28

YMCA Free Membership
If you work out 10 times between these dates at either YMCA
location and have your sheet stamped then you can earn 5 pts.
Participation Points: 5

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Apr 21

Volleyball Clinic
Fairgrounds YMCA
6-7:30 pm
Hosted by Mark Taylor
Participation Points: 5

Apr 24

North Country (Start!) Heart Walk
Registration begins at 8 am
Kids Fun Run & Survivor Ceremony from 9 to 10 am
Walk begins at 10 am; free food/drinks after the walk
Applications available at www.northcountryheartwalk.org
Collect donations; T-shirt if you raise over \$100
Contact: Bob Barrese at 315-234-4749
Participation Points: 5

Apr 24

Big Brothers Big Sisters Bowl for Kids Sake
1 pm – 3 pm Wii Bowling
Cheel Center, Potsdam
**Contact: Leah Tidd at 777-9208 or email
bbbs@nnychildrenshome.com**
Collect donations; T-shirt if you raise \$75
Free food and prizes
Participation Points: 5

Apr 25

Big Brothers Big Sisters Bowl for Kids Sake
1pm – 3 pm
Lewis Lanes, Lowville
**Contact: Leah Tidd at 777-9208 or email
bbbs@nnychildrenshome.com**
Collect donations; T-shirt if you raise \$75
Free food and prizes
Participation Points: 5

Apr 28

Event Training #1
6:00 pm – 7:30 pm; Fairgrounds YMCA
Contact: 755-YMCA (9622)
Participation Points: 5

Apr 28, May 5, May 12

YMCA Healthy Heart Test
At All Event Trainings
Contact: 755-YMCA (9622)
Participation Points: 5

May 1

Steeple Chase Race
Reg: Lake Ontario Playhouse at 9 am
5K Walk begins at 10 am
5K Run begins at 11 am
Cost: Walk \$5 or \$7 day of the event
Run \$15 or \$17 day of the event
Max Family Rate of \$10 for walkers
Walkers get a patch; Runners get a T-shirt

Contact: Debbie Davis at 646-3367 or
cranegrad@hotmail.com
Participation Points: 5

May 5

Event Training #2
6:00 pm – 7:30 pm; Fairgrounds YMCA
Contact: 755-YMCA (9622)
Participation Points: 5

May 6

YMCA Wellness Run/Walk #1
6:00 pm start; Black River Trail
Cost: \$ 5/each or \$12 for all three
Contact: Steve Rowell at 782-3100
Participation Points: 5

May 8

Lucy's Run (Memorial Run for Lucy Colello)
1 mile kid's run/walk 9 am
5 K run/walk 10 am
Reg/Race: Sherman St School
Cost: \$17 (if preregistered) or \$20 after May 1st
Includes: bib, timing, T-shirt
**Contact: Leslie Robare at 405-1005 or Paula Hurlbut at
785-9641**
Participation Points: 5

May 12

Event Training #3
6:00 pm – 7:30 pm; Fairgrounds YMCA
Contact: 755-YMCA (9622)
Participation Points: 5

May 13

YMCA Wellness Run/Walk #2
6:00 pm start; Thompson Park
Cost: \$ 5/each or \$12 for all three
Contact: Steve Rowell at 782-3100
Participation Points: 5

May 16

Run for Alex
Copenhagen Central School
5K/10K Run/Walk; Race time 1 pm
Cost: \$10/per person with no T-shirt; \$20/per person with T-shirt; or \$30 family rate (no T-shirts)
Contact: Eileen Carroll or Robin Spaulding at 688-4411
Participation Points: 5

May 20

YMCA Wellness Run/Walk #3
6:00 pm start; Fairgrounds YMCA
Cost: \$ 5/each or \$12 for all three
Contact: Steve Rowell at 782-3100
Participation Points: 5

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May 22

Miracle House Fundraiser in Memory of John Gregory Greene

Pillar Point Fire Hall

2 Mile Walk/Jog; 3.8 Mile Run

Preregistration: \$10 by May 14th; Send to: Kathryn

Boyanski, 17830 Co RT 59, Dexter NY 13634.

Checks payable: Miracle House

Race Day Registration 8 am; Race 9 am; Cost: \$15

For More Info: 639-3206 or 649-2587 or 639-4511

To Preorder T-shirts for \$10 call Mary Greene at 649-5084

Participation Points: 5

May 28

1 pointers end

May 30

Le Race de Chaumont

Reg: 8:30 am; Race 10 am

Copley House, 12032 Main St (RT 12E) Chaumont

Fee: \$15 for preregistration; \$17 the day of the race

1.5 mile walk, 5K run, 12K run

Applications on website: chaumontny.org

Contact: Mike Harris at 649-3622 or Carrie Fleming at

649-3587

T-shirts for first 150 entrants; Top finishers male/female in 5K

and 12K receive gift certificates to *The Blue Heron Restaurant*

Blank Entry

Write in an event that you participated in that didn't make our

list. **Be sure to have an event sponsor sign your sheet the**

day of the event !

Participation Points: 5