

Wellness Run /Walks 2010

#1 Black River Trail –Walk starts at the Watertown end of the trail. Park in the lot across from the start of the trail and you will see the registration table. The course will be marked for both the 2.2 and 5K events. Start time 6:00pm Cost \$5.00

#2 Thompson Park -Walk starts at the pavilion across from the zoo. Park in the lot by the zoo .The course will be marked for both the 2.2 and 5K events.

Start time 6:00pm Cost \$5.00

#3 Fairgrounds YMCA—The walk and run will start at the Fairgrounds YMCA. Park at the YMCA. The course will be marked for both the 2.2 and 5K events.

Start time 6:00pm Cost \$5.00

The cost is \$5.00 per event or do all 3 for \$12.00. All participants completing all 3 events will receive

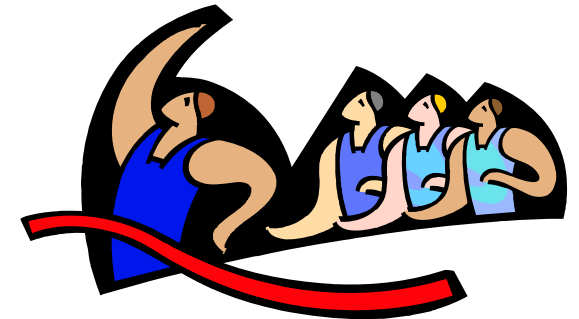
a T-shirt.

NON-PROFIT
U.S. POSTAGE
P A I D
PERMIT #2
WATERTOWN, NY 13601

Watertown Family YMCA
Fairgrounds YMCA
585 Rand Drive
Watertown, New York 13601



YMCA 2010 Spring Wellness Walk/Runs



Thursday Nights 6:00pm

**May 6 Black River Trail
May 13 Thompson Park
May 20 Fairgrounds YMCA**

5K Run or 2.2 Mile Run/Walk

Community Cup Event

Get points for your
team by participating
in all three events

Registration

Opens Wednesday April 14, 2010
at any of our branches

Or

On site beginning at 5:00pm

Downtown YMCA

119 Washington Street

Watertown, NY 13601 (315)782-3100

Fairgrounds YMCA

585 Rand Drive

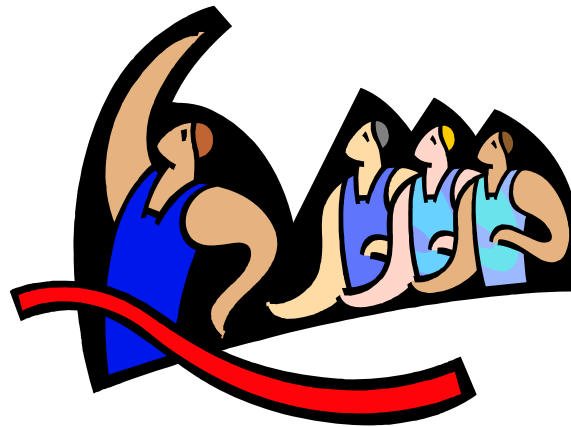
Watertown, NY (315)755-9622

Carthage YMCA

250 State Street

Carthage, NY 13619 (315)493-3286

The Spring Wellness Runs
and walks are recreational
and fun. Get the whole
family together, a group of
co-workers or friends and
get involved.



**ALL RACES START AT
6:00PM**

May 6, 2010

Black River Trail

May 13, 2010

Thompson Park

May 20, 2010

Fairgrounds YMCA

PRIZES

- We will be giving away prizes at each event.
-
- Water and fresh fruit
-
- Everyone completing all three (3) events will receive a t-shirt.



VOUNTEERS!!!

The YMCA needs volunteers to help out with race related tasks such as preparing race packets, registration, the finish line and results. You can still run the race if you help out! For more information contact Steve at 782-3100 or by e-mail at ymca_srowell@yahoo.com.