



# SWC YMCA EVENTS

## FAMILY RUNNING CLASS

Get ready for our 5K race in June with this seven week family class. The class will help you prepare for the 3.1 mile run with training that includes: interval, speed, and hill training. We invite you to join as an individual or a group!

**DATE** April 23 - June 11

**DAY** Saturdays

**TIME** 8:30-10:30am

**AGE** 8+yrs

**FEE** \$20/Youth \$25/Adult

An initial meeting will be held Thurs **April 21** at SWC YMCA Port Edwards at **6:00pm**

Fee includes your Family Running Class and your "5K Bridge 2 Bridge Run/Walk" registration. For more info contact Matt Zakowski at 715.818.6012 or Zakowski@swcymca.org.

## KIDS OBSTACLE RUN

Our KIDS OBSTACLE RUN is designed to inspire kids to get out, be active and enjoy themselves. This 1 mile course that will encourage kids to jump, run, and have a good time while conquering obstacles. Most importantly - they will have fun!

**DATE** June 18

**DAY** Saturday

**TIME** 10:30am

**AGE** 10yrs & under

**FEE** By June 3 ..... \$10/Youth  
June 4-18 ..... \$15/Youth

**LOCATION** Witter Field

JOHN E ALEXANDER  
YMCA Community Center  
211 Wisconsin River Drive  
Port Edwards WI 54469



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELP EASE CHRONIC DISEASE



## 5K BRIDGE 2 BRIDGE RUN/WALK

**SATURDAY • JUNE 18 • 9AM**

Witter Field in Wisconsin Rapids  
Home of the Blossom Fest

Non-profit  
Organization  
US Postage  
Paid  
Port Edwards, WI  
Permit No. 2

# BRIDGE 2 BRIDGE 5K

**SATURDAY JUNE 18 AT 9:00AM**

The SWC YMCA's 3.1 mile run/walk will begin at Witter Field, home of the Blossom Fest, and take participants along the Wisconsin River, across two bridges through the downtown area and back to the finish line at Witter Field. This race is a celebration of our beautiful community and the downtown area of Wisconsin Rapids.

Proceeds from the race will benefit the SWC YMCA's chronic disease programs; LIVESTRONG at the YMCA and Diabetes Prevention.

## PRE PACKET PICK-UP

Friday June 17 • 5:30-7:00pm  
Witter Field • Wisconsin Rapids

## DAY OF PACKET PICK-UP & RACE DAY REGISTRATION

Saturday June 18 • 7:00-8:00am  
Witter Field • Wisconsin Rapids

## TIMING & AWARDS

Chip timing will be provided and race results will be posted after the race; final results will be available on a website provided by the timer. An awards ceremony will take place immediately following the conclusion of the race.

## Prizes Awarded To . . . .

The top 3 overall male & female finishers.

The top 3 males & females in each of the following age categories:

8-12	13-19	20-29
30-39	40-49	50+

## Race Cancellation Policy

In the event that weather or other adverse conditions, forces a cancellation of this event, there will be NO REFUND of entry fees.

[www.swcymca.org](http://www.swcymca.org)

715.887.3240