

The Northwest Family YMCA YKids Marathon is an opportunity for young runners to participate in a marathon-modified just for kids.

No experience is necessary. Children between the ages of 6 thru 12 interested in completing a full-length marathon (26.2 miles) over the course of 5 weeks are welcome to participate.

How will kids run 26.2 miles?

Kids will complete 25 of the 26.2 miles over 5 weeks prior to race day by either running, jogging or walking. On Sunday, August 23rd, 2009, all participants will finish the marathon distance as they complete the last 1.2 miles together as a group, crossing the official Fleet Feet finish line at YMCA Camp Northpoint.

How do I keep track of my miles?

You will be provided with a miles tracker card and a starter foot bracelet at the kickoff practice on Saturday, July 18th at 9:30 am at Camp Northpoint. Each time you complete a mile run/walk at home, a parent or guardian will initial your card. Bring your card to the next practice and receive a "foot" for each five miles.

How do I sign up?

Register online at www.northwestymca.org, at the front desk or complete the attached entry form and return it along with your registration fee to the Northwest Family YMCA branch.

Optional Training

Training Sessions are provided over a 5 week period beginning Saturday, July 18th and continuing through Saturday, August 15th. Nutrition and running tip info will be provided at these sessions. Training will take place at Camp Northpoint at 9:30 am.

Race Day-

Sunday, August 23, 2009 at Camp Northpoint Complete the last 1.2 miles of your marathon together with the rest of the group across the official 2009 Fleet Feet finish line at YMCA Camp Northpoint.

5K Fun Run:

Parents and experienced youth runners: Consider registering for our 5k race event the same day/time as the YKids Marathon. See our website for more details on the 5K Fun Run.

Companion Runners

Although police and race officials will maintain a safe environment along the entire course, each participant is invited to have an adult companion accompany them along the course. All companions must pay a \$5 fee to gain access to the race course, wear a matching bib number, and sign the general release statement.

Safety and Security

Children registered for the Northwest YMCA YKids Marathon will sign in with YMCA staff before the race. They will be escorted to the start line by staff and adult volunteers. Parents will wait at the finish line to cheer runners as they cross. A Parent or Guardian is required to wait at the finish line and escort runners to the Camp Northpoint Barn for snacks after the race. Parents running in the 5K race must let staff know at check in and sign an authorization form for staff supervision during the race.

Goodies

Each participant will receive an official Northwest YMCA YKids Marathon t-shirt, race number, finisher's medal and finisher's certificate.

For more info, go online to www.northwestymca.org or contact kellieh@rochesterymca.org

2009 SCHEDULE OF EVENTS

KICKOFF PARTY
 Saturday, July 18, 9:30 am
 Camp Northpoint
 249 North Greece Rd
 Hilton NY 14468

TRAINING CLINIC LOCATION & DATES
 Camp Northpoint
 Saturdays at 9:30 am
 7/25, 8/1, 8/8, 8/15

RACE DAY
 August 23, 2009
 YMCA Camp Northpoint
 7:00 am Check In Required
 Race Begins 8:00 am sharp



All proceeds benefit our annual Invest In Youth Campaign

ENTRY FORM

Please complete the form below as well as the waiver on the reverse side. Drop off or mail your completed form, waiver, and entry fee to the Northwest Family YMCA, 730 Long Pond Rd, Rochester, NY 14612.

Participant's First and Last Name _____

Address _____

City _____ State _____ Zip _____

Daytime phone _____ Email _____

Participant's age on July 18 ____ (must be 6 yrs of age by 8/23/09)

YMCA Member: ___ Yes ___ No

T-shirt size(circle one) Youth S M L or Adult S M L XL

FEES

Make checks payable to Northwest YMCA

- Entry Fees* \$20 on or before Wednesday July 15
- \$25 July 16– August 18, 2009
- \$30 August 19-day of event

- Optional Fees \$5 Companion Runner Fee
- \$25 Sponsor another child to run

No on-line registration after August 1, 2009

Total enclosed: \$ _____

- Credit cards
- MC Visa Discover Amex

Card Number _____ Exp. Date _____

Signature of Cardholder _____

Please print name as it appears on card

* Turn in a minimum of \$30 in sponsor pledges at registration and the entry fee is waived

** Late entries will be accepted at the discretion of race committee while race supplies last.

Be sure to complete waiver on reverse side!

