



# EXPLORE THE SUMMER

## HOOF IT TO HEALTH

**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

*In Coordination with **Beef Empire Days**,  
THE GARDEN CITY FAMILY YMCA presents*

a 5K/10K Run, two-mile Walk, and 1/2 mile kids race. Race will begin near the YMCA at the corner of Harding and Center Streets at 7:30 a.m. and will finish at the same location.

**Sponsored by:** Scheopner's Water Conditioning & Ehresman Packing

**Fee:** \$15 Members & SWFTR Members  
\$30 Program Participants  
Kids 1/2 mile race is FREE!  
Fee includes t-shirt

**Deadline:** Tuesday, May 26  
**(Extended registration fee of \$5 if you sign up after the deadline; shirts not guaranteed after this date)**

**When:** June 6, 2015

**Time:** 7:00 a.m. registration  
7:30 a.m. race begins



Our YMCA proudly provides those in need with Helping Hands Scholarship Opportunities. For more information contact the Welcome Center at the YMCA.

For more information contact Steven Lynch, Healthy Living Director  
620.275.1199 or [gckymca.fitness@gmail.com](mailto:gckymca.fitness@gmail.com). Check us out on the web at [www.gardencityymca.org](http://www.gardencityymca.org).

### Hoof it to Health Registration Form

5k Run

10k Run

2 mile walk

kids 1/2 mile

Name: \_\_\_\_\_ Address: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

D.O.B. \_\_\_\_\_ Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ E-Mail \_\_\_\_\_

If interested in receiving text or email alerts visit [www.rainedout.com](http://www.rainedout.com) and search Garden City Family YMCA.

Both of these communication pieces will be used for cancellations, updates, specials and other promotions.