



BLAIR REGIONAL YMCA

2023 COMMUNITY WELLNESS CHALLENGE SERIES

RACE OF CHAMPIONS

Our first event is a new addition to our race series beginning and ending in Altoona. This is a great start to our series with a challenging course running up Broad Avenue Extension. This race offers a **5k run, 2 mile run and a 2 mile walk**.

Date: Saturday, March 25, 2023 at 8:00AM
Location: Blair Candy, Altoona

HOLLIDAYSBURG DIAMOND DASH

The fourth year for the Diamond Dash will offer a **10k run, 6k run & 5k walk**. The race will start/finish in the Hollidaysburg Diamond. A great tour of the Hollidaysburg Borough and the thriving downtown.

Date: Saturday, May 13, 2023 at 8:00AM
Location: Hollidaysburg Diamond

JULY 4th ANGIE GIOIOSA MEMORIAL RACE

In its 50th year this race includes a **15k run, 5k run (certified), 2 mile walk and Lollipop Run for ages 6 & under**. This race attracts upwards of 1000 participants with a massive spectator following.

Date: Tuesday, July 4, 2023 at 7:30AM
Location: Mishler Theatre, Downtown Altoona. Registration at Heritage Plaza 11th Avenue.

CANOE CREEK TRIATHLON & RACES

Our 33rd annual **triathlon** features a half mile open lake swim, followed by a 13 mile rolling hills bike ride, finishing with a 5k rolling hills run. You have the option to do a **Duathlon (run, bike, run), 5k run or 2 mile walk** instead of the triathlon.

Date: Saturday, August 5, 2023 at 8:00AM
Location: Canoe Creek State Park, PA

OCTOBER HALF-MARATHON & RACES

The 16th annual Half Marathon & Races will consist of a **13.1 mile run, 10k run and a 5k walk**. The race will start/finish at the YMCA. This race is our fastest growing race based on prior year participation levels.

Date: Saturday, October 7, 2023 at 7:30AM
Location: Blair Regional YMCA

TURKEY TROT RACE

The 20th annual Turkey Trot Race consists of a **rolling 4.5 mile run, flat 2 mile run and 2 mile walk**. One of our most popular family events for locals and those visiting from out of town.

Date: Saturday, November 25, 2023 at 8:30AM
Location: Blair Regional YMCA

TWILIGHT RACE

Bring the family along to start your New Year celebration early with a **5k run, 2 mile run and 2 mile walk** through Lakemont Park's Holiday Lights on the Lake.

Date: Sunday, December 31, 2023 at 4:00PM - 5k Run, 4:30PM - 2 mile run, 5:00PM - 2 mile
Walk Location: Lakemont Park, Altoona