

# BLAIR REGIONAL YMCA COMMUNITY WELLNESS CHALLENGE SERIES

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

## COURSE DESCRIPTIONS

### 5K RUN

Starting at Blair Candy Company, participants will proceed down a flat course on Beale Avenue past Cesare Battisti and will proceed through the rolling hills of Broad Avenue before heading back to the finish line at Blair Candy Company.

### 2 MILE RUN & WALK

Our first 2 mile course of the year will start out at Blair Candy Company and we follow through the rolling hills of Altoona before looping back to Broad Avenue and finishing at Blair Candy Company.

**DUE TO SAFETY CONCERNS PLEASE REFRAIN FROM WEARING HEADPHONES.**

Race Maps at: [www.BlairRegionalYMCA.org](http://www.BlairRegionalYMCA.org)

## REGISTRATION

The first 250 participants to register will be guaranteed a long sleeve race shirt. Please register early as we cannot guarantee sizes. **No race changes on race day.** If you lose your bib or need a new one issued, for any reason, there will be a \$5 fee assessed. Online race registration will close at 11:00AM on Friday, March 25.

### DAY OF RACE REGISTRATION

Race registration on the day of the race is only available from 6:30 to 7:45am at Blair Candy, Altoona, PA. Anyone not registered by 7:45am will be turned away, so please come early if you plan to register the day of the race.

Shirts & Bibs included in Registration	Early Until 3/10	Pre-3/11-3/24	Day Of Race
<b>Individual</b>	<b>\$24</b>	<b>\$30</b>	<b>\$35</b>
<b>Family</b> 2 or more from same household	<b>\$23</b> each	<b>\$28</b> each	<b>\$35</b> each
<b>5 &amp; Under</b> must register in house	<b>FREE</b>	<b>FREE</b>	<b>FREE</b>

## RACE PACKET PICK-UP

### BEFORE THE RACE

Race packets are available at the Blair Regional YMCA on Thursday, March 23 from 12pm to 8:30pm and Friday, March 24 from 5am to 7pm.

### DAY OF THE RACE

Race packets are available for pick up the day of the race at Blair Candy, Altoona, PA from 6:30 to 7:45am.

### AWARDS CEREMONY

Awards will be given out immediately following the race. We will be awarding medals for the following categories: 5k run top 3 overall finishers

2m run & 2m walk overall top finishers

Awards will also be given out to the top three male and female finishers in the 5k run, 2m run and 2m walk in the following age categories:

6-8, 9-11, 12-14, 15-18, 19-24, 25-29,

30-34, 35-39, 40-44, 45-49, 50-54, 55-59,

60-64, 65-69, 70 & Over

**Award winners are asked to remain for the Awards Ceremony as no awards will be mailed.**

## 2022 RACE RESULTS

### 5K RUN

Overall Male:	AJ Kelly	17:37
Overall Female:	Blake Pennington	20:41

### 2 MILE RUN

Overall Male:	Paul Hinkle	15:55
Overall Female:	Ashlyn Noce	14:23

### 2 MILE WALK

Overall Male:	Don Cade	25:40
Overall Female:	Donna Stoltz	22:20



#CWCS #YRUN

# RACE OF CHAMPIONS

Register online at: [www.BlairRegionalYMCA.org](http://www.BlairRegionalYMCA.org)

Mail registrations to: Blair Regional YMCA  
1111 Hewit Street, Hollidaysburg, PA 16648

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age (on Race Day) \_\_\_\_\_

Sex ☐ M ☐ F

Tshirt Size ☐ Youth M ☐ Youth L ☐ S  
☐ M ☐ L ☐ XL ☐ XXL (+\$2)

Race ☐ 5K Run  
☐ 2 Mile Run ☐ 2 Mile Walk

### Payment Method

☐ Check ☐ MasterCard ☐ Visa ☐ Discover

Credit Card # \_\_\_\_\_

Expiration \_\_\_\_/\_\_\_\_ Three digit code \_\_\_\_\_

**Waiver:** In submitting this entry, I, intending to be legally bound for myself, my heirs, executors and administrators, waive, release and forever discharge the Blair Regional YMCA and all event sponsors, event volunteers and workers and their offices, directors, agents, successors and or assigns for any and all injuries suffered by me at this event. I attest that I am physically fit and prepared for this event. I understand I may be photographed and agree to allow my photo, video or film likeness to be used for legitimate purpose by any of the aforementioned parties.

Signature \_\_\_\_\_

Parent/Guardian if under 18

Date \_\_\_\_\_

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COMMUNITY WELLNESS  
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Contact:  
pbaker@  
blairregionalyymca.org

What is the Race of Champions?

Champion is defined as a person who fights or argues for a cause or on behalf of someone else.

The Race of Champions, formerly known as the Ken Brumbaugh Memorial Run, is a celebration of all people who have overcome challenges in life. In keeping with the memory of Ken, a courageous cancer survivor and enthusiastic member of the local running community, we invite all people to participate and champion for themselves and loved ones to kick off the running season.

Who will you champion for?

COMMIT TO ALL  
SEVEN IN 2023

Hollidaysburg Diamond Dash

Saturday, May 13 at 8:00am

Races: 10k Run, 6k Run, 5k Walk

4th of July Angie Gioiosa Memorial Race

Tuesday, July 4 at 7:30am

Races: 15k Run (7:30 start),

5k Run (8:00a start),

2 Mile Walk & a Lollipop Fun Run

Canoe Creek Triathlon & Races

Saturday, August 5 at 8:00am

Races: Triathlon, Duathlon (7:55am start),

5k Run, 2 Mile Walk

October Half Marathon & Races

Saturday, October 7 at 7:30am

Races: Half-Marathon (7:30 Start)

10k Run, 5k Walk (8:00am Start)

Perry Wellington 4.5M Turkey Trot Race

Saturday, November 25 at 8:30am

Races: 4.5 Mile Run, 2 Mile Run, 2 Mile Walk

Twilight Race

Sunday, December 31

Races: 5k Run - 4:00pm

2 Mile Run - 4:30pm

2 Mile Walk - 5:00pm



#CWCS #YRUN



BLAIR REGIONAL YMCA  
COMMUNITY WELLNESS  
CHALLENGE SERIES

RACE OF  
CHAMPIONS

March 25th, 2023

8:00 AM

5k Run, 2 Mile Run, 2 Mile Walk



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