

# BLAIR REGIONAL YMCA COMMUNITY WELLNESS CHALLENGE SERIES

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

## COURSE DESCRIPTIONS

Visit [www.blairregionalyymca.org](http://www.blairregionalyymca.org) for race maps.

### 10K RUN

The 10k course begins in the Diamond and stays in the Borough of Hollidaysburg. The run takes off down Allegheny St and returns on Walnut St through Historic Hollidaysburg and continues around Legion Park, High School, Tiger Stadium, and the Junior High before going up over Union St and turning at the Blair County Courthouse to return to the Diamond, a true tour of the Borough!

### 6K RUN

Why 6k? 6k is the official distance that women run in NCAA Cross Country and provides another distance to challenge yourself with. This 6k course begins in the Diamond and stays in the Borough of Hollidaysburg. Just like the 10k, the run takes off down Allegheny St and returns on Walnut St through Historic Hollidaysburg and continues around the High School, Tiger Stadium, and the Junior High before going up over Union St and turning at the Blair County Courthouse to return to the Diamond, a unique course to show off the Borough!

### 5K WALK

The 5k walk begins in the Diamond and stays in the Borough of Hollidaysburg. The walk takes off down Allegheny St and returns on Walnut St through Historic Hollidaysburg and continues around High School and Tiger Stadium before going up over Union St and turning at the Blair County Courthouse to return to the Diamond, a true walking tour of the Borough!

Shirts & Bibs included in Registration	Early Until 4/28	Pre-4/29-5/12	Day Of Race
Individual	\$24	\$30	\$35
Family 2 or more from same household	\$23 each	\$28 each	\$35 each
5 & Under must register in house	FREE	FREE	FREE

## REGISTRATION

The first 300 registrants will be guaranteed a t-shirt. Registrations may be mailed in, dropped off at the YMCA or you may register online. If you lose your bib or need a new one issued, for any reason, there will be a \$5 fee assessed. Online registration will close Friday, May 12 @ 11:00AM.

There will be no race changes on race day. Please contact the YMCA if you wish to change your race.

## DAY OF RACE REGISTRATION

Race registration for the day of the race is only available from 6:30am to 7:40am at the Hollidaysburg Diamond (corner of Montgomery & Allegheny Streets).

## RACE PACKET PICK-UP

### BEFORE THE RACE

Race packets are available at the Blair Regional YMCA starting Thursday, May 11 from 12PM to 8:30pm and Friday, May 12 from 5am to 7pm.

### DAY OF THE RACE

Race packets will be available at the Hollidaysburg Diamond. Registration will be set up in front of the First National Bank on the corner of Allegheny & Montgomery Streets from 6:30am to 7:40am.

## AWARDS CEREMONY

Awards will be given out immediately following all races. Please remain as no awards will be mailed. Awards to:

Top 3 overall - 10k male & female; Overall 6k Run & 5k Walk - male & female; Top three male & female finishers 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, 65-69, 70 & Over

**DUE TO SAFETY CONCERNS PLEASE REFRAIN FROM USING HEADPHONES**



#CWCS #YRUN

# HOLLIDAYSBURG DIAMOND DASH

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 ☐ 10k Run

☐ 6k Run ☐ 5k 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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Official Race Series Sponsor

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AVAILABLE!

Contact:  
pbaker@  
blairregionalyymca.org

2022 RACE RESULTS

10K RUN

Overall Male:	AJ Kelly	35:27
Overall Female:	Amy O'Donnell	43:19

6K RUN

Overall Male:	Gordon Trexler	24:07
Overall Female:	Isabella Ascherl	24:38

5K WALK

Overall Male:	Michael Boytim	37:31
Overall Female:	Donna Stoltz	38:02

UPCOMING  
RACES:

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 8:00am  
Races: Half-Marathon, 10k Run, 5k Walk

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  
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HOLLIDAYSBURG  
DIAMOND DASH

May 13, 2023 @8:00 AM

10k Run, 6k Run & 5k Walk

Start: Hollidaysburg Diamond



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