

BLAIR REGIONAL YMCA COMMUNITY WELLNESS CHALLENGE SERIES

www.BlairRegionalYMCA.org

COURSE DESCRIPTIONS

15K/5K CERTIFIED RUNS

The 15k and the 5k runs start at the Mishler Theatre in historic downtown Altoona and wind through the city, finishing at the Heritage Plaza within sight of the railways that put Altoona on the map.

2 MILE WALK

A challenging course with a variety of grades, this is fun for competitive walkers and families alike!

LOLLIPOP FUN RUN RACE

A run for kids 6 & under immediately following the races, register day of event. Goodie bags will be provided for participants.

DUE TO SAFETY CONCERNS PLEASE REFRAIN FROM WEARING HEADPHONES.

Race Maps at: www.BlairRegionalYMCA.org

REGISTRATION

The first 1000 participants will be guaranteed a tshirt. If you lose your bib and need replaced, there will be a \$5 fee assessed. **There will be no race changes on race day. Please contact the YMCA if you wish to change your race.** Online registration closes Wednesday, July 3 at 11a.

DAY OF RACE REGISTRATION

Race registration for the day of the race is only available from 6:30a to 7:30a at the Heritage Plaza (11th Ave and 14th street Downtown Altoona).

Shirts & Bibs included in Registration	Early Until 6/15	Pre-6/16-7/3	Day Of Race
Individual	\$25	\$32	\$40
Family 2 or more from same household	\$24 each	\$30 each	\$40 each
5 & Under must register in house	FREE	FREE	FREE

RACE PACKET PICK-UP

BEFORE THE RACE

Race packets are available at the Blair Regional YMCA on Tuesday, July 2 from 12pm to 9pm and Wednesday, July 3 from 5am-9pm.

DAY OF THE RACE

Race packets will be available at the Heritage Plaza 11th Ave and 14th Street in Downtown Altoona from 6:30a-7:30a.

AWARDS CEREMONY

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

Top 3 overall - 15k & 5k male & female; Overall 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, 60-64, 65-69, 70 & Over

SPECIAL AWARDS

Jones Funeral Home Award to 15k male overall
C&G Bank Award to 15k female overall
Lee Baranik Award to 5k male overall age 13-17
Angie Gioiosa Award to 5k male overall age 18-24
John Foreman Award to 5k male & female age 12 & U

2023 RACE RESULTS

15K RUN

Overall Male: Kenny Goodfellow 50:56
Overall Female: Amy O'Donnell 1:02:23

5K RUN

Overall Male: Ian Sherlock 15:27
Overall Female: Chloe May 18:30

2 MILE WALK

Overall Male: Thomas Sutt 23:22
Overall Female: Nancy Kletzing 20:40

4TH OF JULY ANGIE GIOIOSA MEMORIAL RACE

Register online at: www.BlairRegionalYMCA.org

Mail registrations to: Blair Regional YMCA
1111 Hewitt 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 15K Run 5K 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 _____

BLAIR REGIONAL YMCA
COMMUNITY WELLNESS
CHALLENGE SERIES



Official Race Series Sponsor

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Contact:

pbaker@

blairregionalyymca.org

51st ANNUAL



ANGIE GIOIOSA MEMORIAL RACE

Angelo "Angie" Gioiosa passed away on September 21, 2011, and left behind a legacy. The YMCA is honored to have the opportunity to recognize Angie by renaming the 4th of July Race to the 4th of July Angie Gioiosa Memorial Race.

Angie was the head coach of Altoona's XC team and an assistant track coach from 1966-1980. He was a 1963 graduate of Slippery Rock University where he achieved All American status on the track and cross country team. In 1973 Angie, along with a group of local runners, started the running race that started and finished in downtown Altoona. They named it the 4th of July Race. The race has been ongoing for the past 44 years.

Angie's running accomplishments were many. He ran well over 50 marathons throughout the nation, winning his age group several times. He ran the Boston Marathon 10 times. One of his greatest running accomplishments was running the 1976 JFK 50 Miler, shattering the previous course record. It is believed that the total distance Angie ran over his lifetime equals the circumference of the earth three times.

Directions to Downtown Altoona

Take Interstate 99 to the 17th Street exit. Merge onto 17th Street heading West into Altoona. Turn right onto 12th Avenue. The Mishler Theatre (race start) will be on your left just past 13th Street. Parking lot across from theater. Registration is one block to your right at the Heritage Plaza on 13th Street & 11th Avenue (street will be closed to traffic).

   #CWCS #YRUN



4TH OF JULY ANGIE GIOIOSA MEMORIAL RACE

Thursday, July 4th

15k Run 7:30am, 5k Run 8:00am, 2 Mile Walk 8:05am



Official Race Series Sponsor