



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Trick or Trot (Night Race)

Presented by Comcast

Walk / Run

5K & 1 Mile Fun Run

Friday, October 28th

First 200 participants receive a FREE T-shirt

Wear your costume and enter the costume contest!!!

Enjoy the St. Joe Company and Southwood Art of Living Fright Night Event.

Benefits the "Give to your Future" Y Scholarship Campaign

Registration

Early Bird Registration (thru Oct. 14)	Youth \$10	Adult \$15
Race Day Registration	\$12	\$20

*Pre-registration packet pick up Thursday, October 27; 5pm-7pm at YMCA at Southwood

Time

1 Mile Fun Run starts at 5:30pm
5K starts at 6:00pm

Awards

Awards for 1st, 2nd, and 3rd place for each age division male/female.

Age Divisions

5K: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60+
1 Mile: 7 & under, 8-9, 10-11, 12-13

Corporate Sponsorship Opportunities Available.

Rain Date-Saturday, October 29 same times apply

Register online at www.capitalregionymca.org



6TH ANNUAL
TRICK OR TROT 5K

OCTOBER 28, 2011
CAPITAL REGION YMCA

Thanks to our Sponsors:



Get in touch with your COMMUNITY.
www.tallyconnection.com



YMCA AT SOUTHWOOD

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