

YMCA Bush Hill Run, Walk & Talk 2010

Saturday, September 11, 2010

Start Times

5K 8:00 am
Walk & Talk 8:00 am

Events

5K Run and Walk & Talk

Registration

Please carefully print when completing the registration form. Mail form along with a check made payable to the YMCA.

Registration should be sent to:

**Carl and Linda Grubb Family YMCA
Post Office Box 170
Trinity, NC 27370**

Proceeds

All proceeds will benefit the Carl and Linda Grubb Family YMCA and its members through program, special events, and building funding.

Sneaker Donations

Please bring all your old sneakers on race day to be donated to individuals who are homeless and in need of shoes. Shoe bins will be located at the registration table.

The Grubb Family YMCA thanks all participants who donate a pair of shoes to those who are in need.



Early Packet Pick Up

Friday, September 10, 2010

Early birds may pick up their packets at the Carl and Linda Grubb Family YMCA located at: 609 Trindale Rd., Trinity, NC 27370

*Packets may be picked up between 1pm to 7pm.

Race Day Registration

Late Registrants must register in the Archdale Executive parking lot at 313 Trindale Road in Archdale between 7:00am and 7:30am.

Entry Fees (if registering prior to race day)

5K	\$15.00
Walk & Talk	\$10.00

Race Day Entry Fee

5K	\$20.00
Walk & Talk	\$15.00

* T-shirts are guaranteed to all participants registered by September 1st, 2010.

Awards

Top Male and Female Overall
First 3 Female and Male in each age group:
14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over.



**Carl & Linda Grubb Family YMCA
Post Office Box 170
Trinity, NC 27370**

Bush Hill 5K Run, Walk & Talk Registration

Fill out Completely with Careful Printing

I am participating in:

- 5K Run
 Walk & Talk

Last Name _____

First Name _____

Address _____

City _____ State _____ Zip _____

Phone: () _____ Day

() _____ Evening

E-mail Address _____

Age on Race Day _____ DOB _____

Gender: _____ Circle a T-shirt size below

- Male
 Female YL S M L XL XXL

“In consideration of being permitted to utilize the facilities, services and programs of the YMCA for any purpose including, but not limited to, observation or use of the facilities or equipment, or participation in any off-site programs affiliated with the YMCA, the undersigned for himself, herself and any personal representatives, executors and administrators, WAIVE, RELEASE, DISCHARGE AND COVENANT NOT TO SUE the High Point YMCA, their directors, officers, employers and their agents for any and all injuries and other damages which he/she may suffer in connection with his/her participation in the program or any other activities.”

Signature _____

Reviewed by legal counsel 9-12-2006

LACE um' UP, START um' UP!

Join us in the parking lot at Archdale Executive Parking Lot Saturday, September 11th.

The Grubb Family YMCA will play host to the annual Archdale-Trinity Bush Hill 5K, Walk & Talk.

This is a wonderful opportunity for you and your family to get together and enjoy both the great outdoors and a cool morning of family fun.

For more information visit us at:
www.grubbfamilyymca.org



COURSE

5K (3.1 mile) course starts with a short decline. The .5 mile mark starts at the bottom of a downward slope; the 1 mile mark is a gentle incline turning into flat open road through the neighborhoods. The water station will be at mile 1.8 on flat terrain in the shade. As you prepare for your last kick, anticipate a short downhill, with an immediate hard right. After your turn, its 150 feet to the finish line!

Carl and Linda Grubb Family YMCA
Post Office Box 170
Trinity, NC 27370

**Carl & Linda Grubb
Family YMCA of
Archdale-Trinity**

336-861-7788

RUN WALK & TALK

Bush Hill Festival
September 11, 2010
Archdale, NC
8:00 am

www.grubbfamilyymca.org



YMCA
We build strong kids, strong
families, strong communities.