

YWCA 5K RUN/WALK



Saturday May 9, 2009 8:30 - 10:00

Why is the Y running and walking? Why should you?

We are running and walking to raise funds for metropolitan Detroit area YWCA youth fitness programs focusing on controlling CHILDHOOD OBESITY which has reached epidemic proportions. Thank you for supporting this essential program.

LOCATIONS

Oakland YWCA Branch: 839 Crooks Road in Clawson
Northwest YWCA Branch: 25940 Grand River Avenue in Redford

ENTRY FEE

Adults: \$20 Teens: \$15 Youth: \$10 (12 and under)
Register Now and Save! Fee is \$5 more after April 25.

Group & Team Discounts Available

\$3 discount per person for groups of 20 or more adults

\$2 discount per person for groups of 20 or more teens

Open to members and non-members

Registration day of race opens at 8:00. Race starts at 8:30.

Timing chips not provided - runners/ walkers responsible for their own time.

HIGHLIGHTS

Cool Down & Social after the race

Child Care is available for runners/walkers from 8:00 to 10:00.

Cost is \$10 per child - potty trained thru 9 years.

MORE INFO

Northwest Branch YWCA: 313-537-8500

Oakland Branch YWCA: 248-435-9100

AFTER THE RACE

GREEN FLING & SPRING FITNESS EVENT
A FREE FAMILY FUN DAY at NORTHWEST BRANCH

From 10:00 to 4:00 there will be a variety of free activities that will delight the whole family.