

Registration: (Checks should be made payable to the *Snook YMCA*).

\$10.00: Pre-registration for children under the age of 13 years and/or 1-Mile Fun Run participants.

\$18.00: Pre-registration for the 5K Run/Walk (postmarked or dropped off by 2/19/11).

\$20.00: Registration on the day of the race.

Please return the completed application with payment to:

Kids Need Heroes 5K Run/Walk

The John McClure Snook YMCA

2560 South Pine Street

Foley, AL 36535

Packet Pick-up Times:

Friday, February 25, 2011, 8 AM-7 PM

Saturday, February 26, 2011, 7-7:45 AM

John McClure Snook Family YMCA

2650 South Pine Street

Foley, AL 36535

251-970-3003

www.ysal.org

**The Kids Need Heroes 5K Run/Walk
And 1-Mile Fun Run will be held in conjunction
with the Snook Family YMCA
Annual Aerob-a-thon.**

Both events will take place at the
John McClure Snook Family YMCA on

Saturday, February 26, 2011

The race will take place outside at the same time the Aerob-a-thon is taking place inside.

From I-10 (Mobile or Pensacola): Exit 44, 59 south. Drive south on 59 to the intersection with Pride Drive. (Wal-mart is on this corner). Turn right on Pride Drive and go one block to the intersection with S. Pine Street. Turn left onto S. Pine Street, drive 1/10 of a mile and the Y will be on the right.

From Hwy. 98 (East or West): Hwy 98 will intersect with Hwy. 59 in downtown Foley. Take 59 south to Pride Drive. (Wal-mart is on this corner). Turn right on Pride Drive and go one block to the intersection with S. Pine Street. Turn left onto S. Pine Street, drive 1/10 of a mile and the Y will be on the right.

From Gulf Shores or the beach area: Drive north on Hwy 59 to the intersection of Rt. 20W (Lambert's is on the right side of 59 at this intersection). Turn left and take the first right onto S. Pine Street. The Y is 1/4 mile, on the left.



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Kids Need Heroes 5K Run/Walk and 1-Mile Fun Run

**John McClure Snook
Family YMCA
Foley, AL**

February 26, 2011

**5K Run/Walk, 8 AM
1-Mile Fun Run, 9 AM**

Official Entry Form

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone #: _____

Age: _____ Birth date: _____

Gender: Male Female

Event: (Circle one)

5K Run 5K Walk 1-Mile Fun Run

Don't delay! T-shirts will be given to the first 100 5K registrants.

Please circle t-shirt size:

Adult S M L XL

In consideration of your accepting my entry, I, intending to be legally bound for myself, do hereby release and discharge the State of Alabama, City of Foley, The YMCA of South Alabama, its employees and volunteers, organizers and any and all sponsors, for any liability arising from illness or injuries I may suffer due to this event.

Signature: _____

(Parent/Guardian if under 19 years of age)

Date signed: _____



Proceeds from this race will benefit The John McClure Snook Family YMCA's Strong Kids Campaign. The Strong Kids Campaign raises funds that will be used for deserving members of our community who need financial assistance toward YMCA membership and programs.

The John McClure Snook Family YMCA has been a part of the community of Foley since 1998. In 2008, with the addition of the Marjorie Y. Snook Family Center, the YMCA was able to expand its size to accommodate a wider range of programs and services for our members. The Snook Family YMCA is dedicated to helping people from all walks of life achieve their health and well-being goals, whatever they may be.

For more information about how to get involved, please stop by the John McClure Snook Family YMCA and the Marjorie Y. Snook Family Center. We are here to help!

Our Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

The 5K course will start and end at the John McClure Snook Family YMCA in Foley. The course is flat and fast. Water stations will be provided.

Safety is a priority. No strollers, roller skates (or in-line skates), bicycles, pets or head phones will be allowed in the race. Walkers are encouraged and welcome to complete the 5K. Individuals who walk and jog should register as a runner.

Race t-shirts and race goody bags will be provided to the first 100 runners and walkers registered for the 5K race. Post-race refreshments will be provided by a variety of local restaurants and businesses.

5K Run Awards will be presented to the overall winner, the Masters, Grand Masters and Senior Grand Master winner and also the top three male and female finishers in each of the following age divisions:

- 10 and under 40—44
- 10—14 45—49
- 15—19 50—54
- 20—24 55—59
- 25—29 60—64
- 30—34 65—69
- 35—39 70—74
- 75 and older

5K Walk Awards: The top 3 Male/Female finishers. Also age divisions: 12 and under, 13-18, 19-35, 35-50 and 51+

1-Mile Fun Run: The top 3 Male/Female finishers, the Fastest Family and a medal for all who finish.