



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ON THE LINE FOR ALL 9!

## Accept the Challenge in 2018



**Guaranteed Race Shirt • Courtesy E-mail Reminders**  
**Discount Pricing • Stress Free Registration**  
**TWILIGHT RACE HOODED SWEATSHIRT EXCLUSIVELY FOR YOU**

### Special Rate for ALL 9: \$175

Add \$16 for Triathlon, Duathlon and/or \$16 for Half-Marathon

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Signature: \_\_\_\_\_

**Sex:**  M  F      **T-Shirt Size:**  Youth M  Youth L  S  M  L  XL  XXL

Hooded Sweatshirt Size (runs smaller than t-shirt) \_\_\_\_\_

\*Technical t-shirt for Triathlon & Half-Marathon participants (unisex sizes): Tech T-Shirt Size \_\_\_\_\_

- |                            |   |  |  |
|----------------------------|---|--|--|
| <b>Race of Champions:</b>  | <input type="checkbox"/> 5k Run                   | <input type="checkbox"/> 2 Mile Run          | <input type="checkbox"/> 2 Mile Walk                                 |
| <b>Bud Shuster Race:</b>   | <input type="checkbox"/> 1 Mile Run               | <input type="checkbox"/> 2 Mile Run          | <input type="checkbox"/> 2 Mile Walk                                 |
| <b>Altoona Curve Race:</b> | <input type="checkbox"/> 5k Run                   | <input type="checkbox"/> 2 Mile Run          | <input type="checkbox"/> 2 Mile Walk                                 |
| <b>July 4th Race:</b>      | <input type="checkbox"/> 15k Run                  | <input type="checkbox"/> 5k Run              | <input type="checkbox"/> 2 Mile Walk                                 |
| <b>Canoe Creek Races:</b>  | <input type="checkbox"/> Triathlon (add \$16)     | <input type="checkbox"/> Duathlon (add \$16) | <input type="checkbox"/> 5k Run <input type="checkbox"/> 2 Mile Walk |
| <b>Diamond Dash:</b>       | <input type="checkbox"/> 10k Run                  | <input type="checkbox"/> 6k Run              | <input type="checkbox"/> 5k Walk                                     |
| <b>October Races:</b>      | <input type="checkbox"/> Half-Marathon (add \$16) | <input type="checkbox"/> 10k Run             | <input type="checkbox"/> 5k Walk                                     |
| <b>Turkey Trot Race:</b>   | <input type="checkbox"/> 4.5 Mile Run             | <input type="checkbox"/> 2 Mile Run          | <input type="checkbox"/> 2 Mile Walk                                 |
| <b>Twilight Race:</b>      | <input type="checkbox"/> 5k Run                   | <input type="checkbox"/> 2 Mile Run          | <input type="checkbox"/> 2 Mile Walk                                 |

WAIVER: In submitting this entry, I, intending to be legally bound for myself, my heirs, executors and administrators, waive, release and forever discharge the Hollidaysburg Area YMCA and all event sponsors, event volunteers and their officers, directors, agents, successors and or assigns for any and all injuries suffered by me at this event, while traveling to and from race or while participating in the event. I attest that I am physically fit and prepared for this event. I understand that I may be photographed and agree to allow my photo, video or film likeness to be used for legitimate purpose by the aforementioned parties.



# HOLLIDAYSBURG AREA YMCA

## 2018 COMMUNITY WELLNESS CHALLENGE SERIES

### RACE OF CHAMPIONS

Our first event is a new addition to our race series beginning and ending in Altoona. This is a great start to our series with a challenging course running up Broad Avenue Extension. This race offers a **5k run, 2 mile run and a 2 mile walk**.

**Date:** Saturday, March 24, 2018 at 8:00AM  
**Location:** Blair Candy, Altoona

### BUD SHUSTER RUN FOR YOUR LIFE RACE

Our 10<sup>th</sup> year for the Bud Shuster Run for Your Life Race is one of our most unique races as participants run a portion of Route 36. New this year – test your speed in a **1 mile run** – our event will also consist of a **2 mile run and 2 mile walk**.

**Date:** Saturday, April 21, 2018 at 8:00 AM  
**Location:** Hollidaysburg Area YMCA

### ALTOONA CURVE RACE

Run around the warm up track inside the stadium, into Lakemont Park and finish back in the stadium. Consisting of a **5k and 2 mile run and 2 mile walk**. Every participant receives a ticket to the ballgame for later that evening.

**Date:** Saturday, May 19, 2018 at 8:00AM  
**Location:** Peoples Natural Gas Park

### JULY 4<sup>th</sup> ANGIE GIOIOSA MEMORIAL RACE

In its 44<sup>th</sup> year this race includes a **15k run, 5k run (certified), 2 mile walk and Lollipop Run for ages 6 & under**. This race attracts upwards of 1000 participants with a massive spectator following.

**Date:** Wednesday, July 4, 2018 at 8:00AM  
**Location:** Mishler Theatre, Downtown Altoona. Registration at Heritage Plaza 11<sup>th</sup> Avenue.

### CANOE CREEK TRIATHLON & RACES

Our 31<sup>st</sup> annual **triathlon** features a half mile open lake swim, followed by a 13 mile rolling hills bike ride, finishing with a 5k rolling hills run. You have the option to do a **Duathlon (run, bike, run), 5k run or 2 mile walk** instead of the triathlon.

**Date:** Saturday, August 4, 2018 at 8:00AM  
**Location:** Canoe Creek State Park, PA

### HOLLIDAYSBURG DIAMOND DASH

The third year for the Diamond Dash will offer a **10k run, 6k run & 5k walk**. The race will start/finish in the Hollidaysburg Diamond. This race is sure to be fun for the whole family.

**Date:** Saturday, September 8, 2018 at 8:00AM  
**Location:** Hollidaysburg Diamond

### OCTOBER HALF-MARATHON & RACES

The 14<sup>th</sup> annual Half Marathon & Races will consist of a **13.1 mile run, 10k run and a 5k walk**. The race will start/finish at the YMCA. This race is our fastest growing race based on prior year participation levels.

**Date:** Saturday, October 6, 2018 at 8:00AM  
**Location:** Hollidaysburg Area YMCA

### TURKEY TROT RACE

The 19<sup>th</sup> annual Turkey Trot Race consists of a **rolling 4.5 mile run, flat 2 mile run and 2 mile walk**. One of our most popular family events for locals and those visiting from out of town.

**Date:** Saturday, November 24, 2018 at 8:30AM  
**Location:** Hollidaysburg Area YMCA

### TWILIGHT RACE

Bring the family along to start your New Year celebration early with a **5k run, 2 mile run and 2 mile walk** through Lakemont Park's Holiday Lights on the Lake.

**Date:** Monday, December 31, 2018 at 4:00PM - 5k Run, 4:30PM - 2 mile run, 5:00PM - 2 mile Walk  
**Location:** Lakemont Park, Altoona