

YMCA Bush Hill Run, Walk & Talk 2011

Saturday, September 10, 2011

Start Times

5K 8:00 am
Walk & Talk 8:00 am
Kids 1/2 Mile Fun Run 9:00 am

Events

5K Run, Walk & Talk, and
Kids 1/2 Mile Fun Run (8years old & under)

The Kids Fun Run will start at the 5k
finish line.

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.

Awards

Top Male and Female Overall
14 & under, 15-19, 20-24, 25-29, 30-34,
35-39, 40-44, 45-49, 50-59, 60 & over.

The first 3 females and males in each age
group will receive a medal.

Early Packet Pick Up

Friday, September 9, 2011

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 at the
membership desk between
1:00pm - 7:00pm.

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 registered before September 1st)

5K \$20.00
Walk & Talk \$10.00
Kids Fun Run \$10.00

Race Day Entry Fee

(If registered after September 1st)

5K \$25.00
Walk & Talk \$15.00
Kids 1/2 Mile Fun Run \$15.00

* T-shirts are guaranteed to all participants
registered by September 1st, 2011.

Bush Hill 5K Run, Walk & Talk Registration

Fill out completely & legibly.

I am participating in:

5K Run Walk & Talk Kids 1/2 Mile Fun Run

Last Name _____

First Name _____

Address _____

City _____ State _____ Zip _____

Phone: (_____) _____ - _____

E-mail Address _____

Age on Race Day _____ DOB _____

Gender: Male Female

Circle a T-shirt size YS YM 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 em' UP, START em' UP!

Join us in the parking lot at Archdale Executive Park 313 Trindale Road in Archdale on Saturday, September 10th.

The Grubb Family YMCA will play host to the annual Archdale-Trinity Bush Hill 5K Run, 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

BUSH HILL

5K RUN WALK & TALK
KIDS 1/2 MILE FUN RUN

September 10, 2011
Archdale, NC
8:00 am

336-861-7788
www.grubbfamilyymca.org



FOR YOUTH DEVELOPMENT
SOCIAL RESPONSIBILITY
HEALTHY LIVING