

Middle Tyger
YMCA
Family Center



2010

Back To

School Run

5K and One Mile Kid's

Fun Run

Saturday, August 14, 2010

7:30 AM 5K

8:15 AM Fun-Run

720 Shoals Road

Duncan, SC 29334

(864) 433-9623

Edward Jones

Susan Illner 439-1961

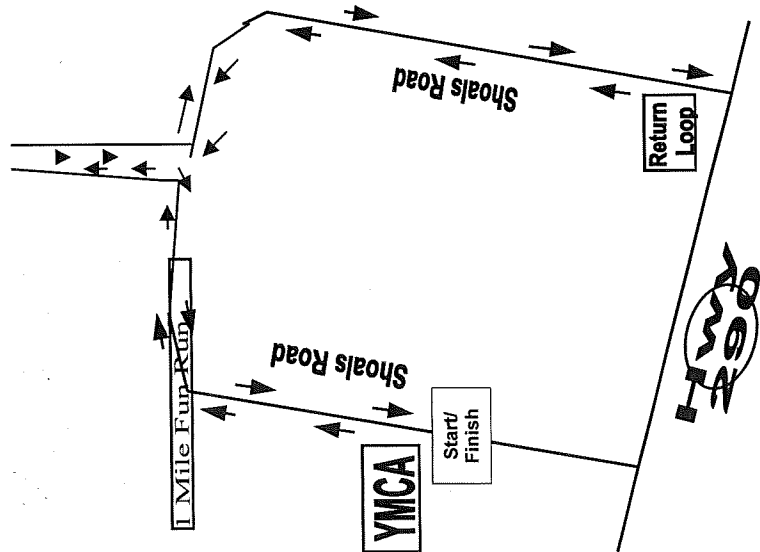


Middle Tyger YMCA
720 Shoals Road
Duncan, SC 29334

We build strong kids,
strong families, strong communities.

The Course Map

The Back to School Run is approximately 3.1 miles. It will begin beside the YMCA and remain on Shoals Road; at the red light turn around at Highway 290 back down shoals road then turn right onto Eastberry Creek road until the turnaround then back to the Middle Tyger YMCA.



Back to 5K School Run

Saturday, August 14, 2010

Directions

From Greenville, 185 North to Duncan Moore Exit 63, Hwy. 290. Take right off of exit, go to fourth light and take left onto Shoals Road. YMCA will be on left.

From Spartanburg, 185 South to Duncan Moore Exit 63, Hwy. 290. Take left off of exit, go to sixth light and take left onto Shoals Road. YMCA will be on left.

A Tradition in the Making

The Back to School Run is the 7th organized road race by the Middle Tyger YMCA since the opening of the facility in October 1997. **This race is designed to create community spirit while encouraging active lifestyles.**

See you at the finish line!

All proceeds go to the Youth Scholarship Fund.

For more information, please call (864) 433-9623.

KID'S 1 MILE FUN RUN 8:15am



General Information

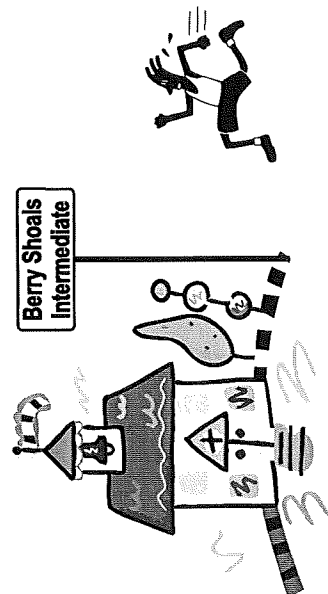
- Those who register after August 7, 2010 are not guaranteed a t-shirt.
- Late registration and packet pick-up is from 6:30 - 7:15 am at the member service desk.
- 5K Race begins at approximately 7:30 am.
- 1 Mile Fun Run 8:15 am.

Course Description

This run will begin with a downhill slope for the first mile, and then a series of ups and downs for the second mile and a gradual uphill slope on the final returning mile.

Awards-5k

- Prizes will be presented to the overall male and female and overall male and female Masters.
- Awards will be presented for the top two male/female places in each age division: 14 & under, 15-19, 20-25, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and up.



Registration Information

- Early registration before August 7, 2010- \$18.
- Late registration is \$20.
- 1 mile Fun Run \$12.
- Those who register after August 7 2010 are not guaranteed a t-shirt.
- Late registration and packet pick-up is from 6:30 to 7:15 am at the Member Service Desk.

T-Shirt Size

Circle: Adult Child
 ___ S ___ M ___ L ___ XL

Registration Form

Name _____ Phone # _____

Address _____

City, State, Zip _____

Male Female Age on August 14 2010: _____ DOB _____

Please check or circle one 5K 1 mile _____

Waiver/Release Form _____

I waive any and all claims against the Middle Tyger YMCA, all sponsors, volunteers, timers and contributors for illness or injury which may result directly or indirectly from my participation in this race. I further state that I am in the proper physical condition to participate in this event.

Participant Signature _____

Signature of Parent/Legal Guardian _____

Emergency Contact _____ Phone # _____