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Contact:  
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### What is the Race of Champions?

**Champion** is defined as a person who fights or argues for a cause or on behalf of someone else.

The Race of Champions, formerly known as the Ken Brumbaugh Memorial Run, is a celebration of all people who have overcome challenges in life. In keeping with the memory of Ken, a courageous cancer survivor and enthusiastic member of the local running community, we invite all people to participate and champion for themselves and loved ones to kick off the running season.

Who will you champion for?

## COMMIT TO ALL 7 IN 2019

### Hollidaysburg Diamond Dash

Saturday, May 18 at 8:00am

**Races:** 10k Run, 6k Run, 5k Walk

### 4th of July Angie Gioiosa Memorial Race

Thursday, July 4 at 8:00am

**Races:** 15k Run (7:50 start), 5k Run,  
2 Mile Walk & a Lollipop Fun Run

### Canoe Creek Triathlon & Races

Saturday, August 3 at 8:00am

**Races:** Triathlon, Duathlon (7:55am start),  
5k Run, 2 Mile Walk

### October Half Marathon & Races

Saturday, October 5 at 8:00am

**Races:** Half-Marathon, 10k Run, 5k Walk

### Perry Wellington 4.5M Turkey Trot Race

Saturday, November 30 at 8:30am

**Races:** 4.5 Mile Run, 2 Mile Run, 2 Mile Walk

### Twilight Race

Tuesday, December 31

**Races:** 5k Run - 4:00pm  
2 Mile Run - 4:30pm  
2 Mile Walk - 5:00pm

## RACE OF CHAMPIONS



**Saturday,  
March 23  
8:00AM**

**RACES: 5k Run,  
2M Run & 2M Walk**

Starts at Blair Candy Company  
Altoona, PA



# BLAIR REGIONAL YMCA

## COMMUNITY WELLNESS CHALLENGE SERIES

### COURSE DESCRIPTIONS

Visit [www.BlairRegionalYMCA.org](http://www.BlairRegionalYMCA.org) for race maps

#### 5K RUN

Starting at Blair Candy Company, participants will proceed down a flat course on Beale Avenue past Cesare Battisti and will proceed through the rolling hills of Broad Avenue before heading back to the finish line at Blair Candy Company.

#### 2 MILE RUN & WALK

Our first 2 mile course of the year will start out at Blair Candy Company and we follow through the rolling hills of Altoona before looping back to Broad Avenue and finishing at Blair Candy Company.

**\*DUE TO SAFETY CONCERNS PLEASE REFRAIN FROM WEARING HEADPHONES**

### REGISTRATION

The first 350 participants to register will be guaranteed a long sleeve race shirt. Please register early as we cannot guarantee sizes. **No race changes on race day.** If you lose your bib or need a new one issued, for any reason, there will be a \$5 fee assessed. Online race registration will close at 11:00AM on Friday, March 22.

#### DAY OF RACE REGISTRATION

Race registration on the day of the race is only available from 6:30 to 7:45am at Blair Candy, Altoona, PA. Anyone not registered by 7:45am will be turned away, so please come early if you plan to register the day of the race.

|  | EARLY<br>Registration<br>(Until 3/9) | PRE<br>Registration<br>(3/10-3/23) | DAY OF<br>RACE<br>Registration |
|--|--------------------------------------|------------------------------------|--------------------------------|
| <b>Individual Rate</b>   | <b>\$22</b>                          | <b>\$28</b>                        | <b>\$33</b>                    |
| <b>Family Rate</b><br><small>(2 or more from the same household)</small> | <b>\$21</b><br>each                  | <b>\$26</b><br>each                | <b>\$33</b><br>each            |
| <b>Kids 5 &amp; U</b><br><small>(Must register in-house)</small>         | <b>FREE</b>                          | <b>FREE</b>                        | <b>FREE</b>                    |

**Shirts & bibs included in registration**

[www.BlairRegionalYMCA.org](http://www.BlairRegionalYMCA.org)

### RACE PACKET PICK-UP

#### BEFORE THE RACE

Race packets are available at the Blair Regional YMCA on Thursday, March 21 from 5am to 10pm and Friday, March 22 from 5am to 9pm.

#### DAY OF THE RACE

Race packets are available for pick up the day of the race at Blair Candy, Altoona, PA from 6:30 to 7:45am.

### AWARDS CEREMONY

Awards will be given out immediately following the race. We will be awarding medals for the following categories:

5k run top 3 overall finishers

2m run & 2m walk overall top finishers

Awards will also be given out to the top three male and female finishers in the 5k run, 2m run and 2m walk in the following age categories:

6-8, 9-11, 12-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over

**Award winners are asked to remain for the Awards Ceremony as no awards will be mailed.**

| 2018 RACE OF CHAMPIONS RESULTS: |                    |       |
|---------------------------------|--------------------|-------|
| <b>5K RUN</b>                   |                    |       |
| Overall Male:                   | AJ Kelly           | 17:45 |
| Overall Female:                 | Tracy Orner        | 25:35 |
| <b>2 MILE RUN</b>               |                    |       |
| Overall Male:                   | Nathan Dongilli    | 12:08 |
| Overall Female:                 | Rebecca Seymour    | 16:20 |
| <b>2 MILE WALK</b>              |                    |       |
| Overall Male:                   | Stewart McClelland | 24:43 |
| Overall Female:                 | Donna Stoltz       | 22:44 |



## RACE OF CHAMPIONS

Register online at:  
[BlairRegionalYMCA.org](http://BlairRegionalYMCA.org)

Mail registrations to:  
Blair Regional YMCA  
1111 Hewitt Street, Hollidaysburg, PA 16648

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

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

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

Zip: \_\_\_\_\_

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

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

Date of Birth: \_\_\_\_\_ Age (Race Day): \_\_\_\_\_

Sex:  M  F

T-Shirt Size:  Youth M  Youth L  S  
 M  L  XL  XXL (+\$2.00)

Race:  5k Run

2 Mile Run  2 Mile Walk

Payment Information:

Check    MasterCard    Visa    Discover

Credit Card #: \_\_\_\_\_

Expiration: \_\_\_\_/\_\_\_\_/\_\_\_\_ Three digit code: \_\_\_\_\_

Waiver: In submitting this entry, I, intending to be legally bound for myself, my heirs, executors and administrators, waive, release and forever discharge the Blair Regional YMCA and all event sponsors, event volunteers and workers and their offices, directors, agents, successors and or assigns for any and all injuries suffered by me at this event. I attest that I am physically fit and prepared for this event. I understand I may be photographed and agree to allow my photo, video or film likeness to be used for legitimate purpose by any of the aforementioned parties.

Signature: \_\_\_\_\_  
Parent/Guardian if under 18

Date: \_\_\_\_\_

All Participants must Complete an Application.