



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

# **RUN, WALK OR ROLL. HAVE FUN IN THE SUN!**

## **YMCA RUN IN THE SUN 2020 Incremental Marathon**

**Start anytime—Your marathon begins when you register!  
Track your distance through September 7, 2020**

- Open to ages 3 to 12.
- Distances must be on a measured course—GPS or manually measured course.
- A minimum of 1/4 mile must be covered at one time to be logged.
- All distances must be logged on the official form and verified by an adult signature.
- A registration form must be completed prior to logging any distance.
- Bikes, scooters, skates may be used for up to 1/3 of total distance logged.
- Wheelchair participants welcome—please contact Justin Guest at [jguest@ymcalouisville.org](mailto:jguest@ymcalouisville.org) for more information.
- Registration deadline: July 10, 2020

**BE ACTIVE TOGETHER—HAVE FUN—BE HEALTHY—SUPPORT ONE ANOTHER**

**Questions? Contact Justin Guest at [jguest@ymcalouisville.org](mailto:jguest@ymcalouisville.org)**

### **Prizes will be awarded for each goal achieved!**

To accomplish your goal, divide your distance by the number of weeks you are participating: 13.1 miles / 10 weeks = 1.31 miles per week. Keep your exercise simple, impactful and fun!

<b>Goals</b>	
<b>Ages 3–4</b>	<b>Ages 5–12</b>
3.1 Miles (5K)	13.1 Miles (Half Marathon)
6.2 Miles (10K)	26.2 Miles (Full Marathon)
	50+ Miles (Ultra Marathon)



# REGISTRATION FORM

## YMCA RUN IN THE SUN 2020

### Incremental Marathon

1st Participant's Name: \_\_\_\_\_ Age \_\_\_\_\_  
2nd Participant's Name: \_\_\_\_\_ Age \_\_\_\_\_  
3rd Participant's Name: \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

#### Please check your program affiliation:

- ☐ Jefferson County Summer YMCA CEP—Site Location \_\_\_\_\_  
☐ YMCA Summer Day Camp—Branch \_\_\_\_\_  
☐ Bullitt County YMCA Summer CEP  
☐ Community Organization \_\_\_\_\_  
☐ Neighborhood \_\_\_\_\_  
☐ Team \_\_\_\_\_  
☐ Family \_\_\_\_\_  
☐ Other \_\_\_\_\_

I commit to walking and/or running the following miles starting upon registration and ending September 7. All are welcome to participate. Bikes, scooters and skates are acceptable for 1/3 of your commitment. Please document your distance and return your information to your captain. Honesty is one of the four YMCA core values. Adults and children participating agree to be honest in all distance reporting. Post photos of you and your family exercising using #YMCARuninthesun, #YMCALouisville #HealthyLiving.

**To accomplish your goal, divide your distance by the number of weeks you are participating:  
13.1 miles / 10 weeks = 1.31 miles per week. Keep your exercise simple, impactful and fun!**

#### WHAT'S YOUR GOAL?

##### Ages 3-4

- ☐ 3.1 Miles (5K)  
☐ 6.2 Miles (10K)

##### Ages 5-12

- ☐ 13.1 Miles (Half Marathon)  
☐ 26.2 Miles (Full Marathon)  
☐ 50+ Miles (Ultra Marathon)

Parent Name \_\_\_\_\_ Parent Signature: \_\_\_\_\_ Date \_\_\_\_\_

**REGISTRATION DEADLINE: July 10, 2020**

Return your completed registration to your YMCA Staff person.