



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA 5K Balloon Chase 2011



**September 17, 2011  
8:00 AM at McKinley Park  
Creston, Iowa**

## **Come run or walk with us at McKinley Park in the seventh Annual Balloon Day Chase**

**Registration:** Participants are encouraged to pre-register by **September 9, 2011**. Entry forms can be mailed to the Southern Prairie YMCA or submitted at the SPYMCA Welcome Center. You can also register on-line at [www.southernprairieymca.com](http://www.southernprairieymca.com)

*Registrations will also be accepted the morning of the event. (Please note: There is a **late fee and shirt size is not guaranteed** if registering the day of the event.)*

**Packet Pick-up:** Day of event from 7:00 AM to 7:30 AM at the south shelter house by McKinley Pool on Lakeshore Drive.

**Location:** Participants report to the packet pick-up site at the South shelter house and will be directed to the starting line at the North shelter house. Runners/Walkers finish at the South shelter house. Parking is available at McKinley Pool.

**Awards:** Awards will be given 3 deep in each age category for male and female Divisions.

**Door Prizes:** Door prizes will be awarded after the race. Must be present to win!

## **YMCA KID'S FUN RUN**

We encourage you to bring the whole family for a healthy activity before the Balloon Days Parade in uptown Creston.

The YMCA is hosting a YMCA Fun Run for all children. The race starts after the 5K run and is open to all youth. Each child will receive a ribbon and a YMCA water bottle. Fee: \$5



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Please contact the  
Southern Prairie YMCA for more details  
call 641-782-9622 or e-mail  
[jsteffen@southernprairieymca.com](mailto:jsteffen@southernprairieymca.com)**

*A **BIG THANKS** to our volunteers who helped plan this event, and those who work to make the run/walk safe, and the City of Creston for their support. By supporting the run/walk you help build strong kids, strong families, and strong communities.*

**YMCA Mission:  
"To put Christian Principles  
into practice through programs  
that build healthy spirit, mind,  
and body for all."**

Strong Kids is the most important program we have in the YMCA—it is the essence of who we are—it embodies our mission—“To put Christian principles into practice through programs that build healthy spirit, mind and body for all.” The YMCA believes that no one should be turned away from the YMCA based on an inability to pay. We believe that every child, individual and family deserves a YMCA in their life.

Our branch has already given away more than \$19,000 in scholarships and anticipate it to be well over \$25,000 by year end. Now we are sure you're wondering how we can afford to do this? Well, the money we raise every year during our Annual Support Campaign called "Strong Kids" helps to offset this—but that's not enough. We need your help to raise funds to make sure no one is ever turned away from the YMCA.

If you would like more information on how you can help the kids and families in Union county please call the YMCA at 641-782-9622 to see how you can get involved!



**Southern Prairie YMCA**  
**1201 W Townline St**  
**PCreston, IA 50801**  
**641-782-9622**

**YMCA 5K Balloon Chase 2011 Entry**

Age Category (check to specify)	Male/Female (circle one)		Adult shirt size (circle one)			
◇ 14 & under	M	F	S	M	L	XL
◇ 15-19	M	F	S	M	L	XL
◇ 20-29	M	F	S	M	L	XL
◇ 30-39	M	F	S	M	L	XL
◇ 40-49	M	F	S	M	L	XL
◇ 50-59	M	F	S	M	L	XL
◇ 60 +	M	F	S	M	L	XL

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

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

Phone number: \_\_\_\_\_ Age: \_\_\_\_\_ E-mail \_\_\_\_\_

Payment will be accepted by mail, online or in person at the Southern Prairie YMCA before September 9th.  
 Checks (payable to YMCA) or cash

- ◇ \$5.00 Kids Fun Run (water bottle included)
- ◇ \$15.00 before September 9, 2011
- ◇ \$20.00 day of event (no guarantee on shirt size)
- ◇ XXL t-shirts may not be guaranteed if requested

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may have against the Southern Prairie YMCA, City of Creston and individuals or groups associated with this event, their agents, representatives, successors and assigns for any and all injuries suffered by myself in said event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event.

Participants Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of parent or guardian of under 19 yrs. required: \_\_\_\_\_ Date: \_\_\_\_\_