

1st Annual Fall Frenzy 5K & Kids 1 Mile Fun Run

Presented by the YMCA of Central VA

- WHO:** Participants of all ages!
- WHAT:** 1 Mile Fun Run & 5K Race
- WHERE:** Downtown YMCA
- WHEN:** Saturday, September 11th
Fun Run 5:30pm, 5K- 5:4pm

Cost

5K entry fees:

Early registration- Now through 8/20: \$18 (\$15 for Y Members)

Late registration—8/21-9/10: \$20

Race Day Registration—4:15-5:30pm: \$25

Fun Run entry fees:

Early registration- Now through August 20th- \$5

Late registration— 8/21-9/10 \$8

Race Day Registration
4:15-5:30pm- \$10

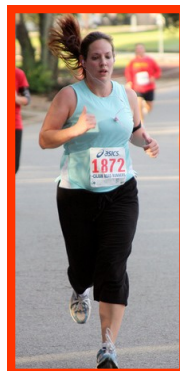
Register at the following locations;

Downtown Y
434-847-5597

Jamerson Family Y
434-582-1900

Riverside Runners
434-846-7449

Online
www.lynchburgymca.org



Visit our website for
more info
www.lynchburgymca.org