



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET & STAY ACTIVE THIS WINTER

POLAR BEAR SERIES OF RUNS & WALKS 5 Events: Jan. 1– March 23, 2014 OLEAN-BRADFORD AREA YMCA

Set a goal for yourself and join the over two hundred runners and walkers to complete this walk or run series.

EVENT DATES & LOCATIONS:

Wed., Jan. 1	New Year's 5K at SBU in Olean
Sun., Jan. 12	5K at UPB in Bradford
Sun., Feb. 9	5K in Wellsville
Sun., Mar. 2	10K/4 mi in Bradford
Sun., Mar. 23	Half Marathon/6 mi at Olean Y

ENTRY FEE:

\$75 series pre-registration (includes LS Performance T-shirt)
\$75 series registration the day of event
\$20 ONE event pre-registration
\$25 ONE event day of event registration

CONTACT:

Ink Young, Olean-Bradford Area YMCA
fitness@oleanymca.org OR 716-373-2400





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24TH ANNUAL POLAR BEAR SERIES OF RUNS/WALKS

Join the Southern Tier's only winter outdoor running/walking series.
Complete one event or do them all.

Event Date	Distance	Location
January 1	5K Run 5K Walk	St. Bonaventure University
January 12	5K Run 5K Walk	Bradford– University of Pittsburgh–Bradford Campus
February 9	5K Run 5K Walk	Wellsville YMCA
March 2	10K Run 4-mile Walk	Bradford YMCA
March 23	1/2 Marathon Run 6-mile Walk	Olean YMCA

COMPLETE SERIES PARTICIPANTS: Includes entry into all FIVE (5) events.
ONLY PRE-REGISTRATIONS: *includes a long-sleeved Performance T-shirt.

Register up to 12/28/13:

COST: Y Members: \$65*
Public: \$75*

Register 12/29/13 - 1/12/14:

COST: Y Members: \$65
Public: \$75

Complete series registration must be paid by 1/12/14.

SINGLE RACE PARTICIPANTS:

PRE-REGISTRATION: Y members: \$15 Public: \$20

DAY OF EVENT REGISTRATION: Y Members & Public: \$25

RACE DAY INFORMATION:

Registration: 12:00-12:45 pm

Event start time: All Events start: 1:00 pm

For more information contact:

- Ink Young, Y Sr. Wellness Director at 716 373 2400 or e-mail: fitness@oleanymca.org

OLEAN FAMILY YMCA

1101 Wayne Street, Olean NY 14760
P 716 701 1330 W www.oleanymca.org

BRADFORD FAMILY YMCA

59 Boylston Street, Bradford, PA 16701
P 814 368 6101 W www.bradfordymca.org

WELLSVILLE FAMILY YMCA

133 Bolivar Road, Wellsville, NY 14895
P 585 593 3246 W www.wellsvilleymca.org

All race results are posted on both the YMCA's website www.YourYMCA.org within 1-2 days of the event.





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POLAR BEAR SERIES 2014

Registration Form

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Sunday, January 12 at 5K Bradford - UPB

Sunday, February 9 at 5K Wellsville YMCA

Sunday, March 2 at 10K/4-mile Bradford YMCA

Sunday, March 23 at Half Marathon/6-mile Olean YMCA

Registration Information:

Name: _____ Age: _____ DOB: __/__/____ Gender: _____

Mailing Address: _____ City: _____

Home Phone: _____ Cell Phone: _____

Email address: _____ (Y communication only)

Check One:

Full Series: ____ (Full Series Pre-registrations ONLY: T-shirts size: ____ **OR**

One Event Only: January 1 ____; January 12 ____; February 9 ____; March 2 ____; March 23 ____

Event Type: Run ____ Walk ____

Olean or Bradford or Wellsville YMCA Member: yes ____ no ____

Waiver, Release, Indemnification and Hold Harmless Agreement

I understand that YMCA activities have inherent risks and I hereby assume all risks and hazards incident to my participation in all YMCA activities. I further waive, release, absolve, indemnify and agree to hold harmless the Olean-Bradford Area YMCA, the City and Town of Olean, the Town of Allegany, St. Bonaventure University, event sponsors, organizers, volunteers, supervisors, officers, directors, or participants, as well as, persons or parents transporting participants to and from activities from any claims or injury sustained during my participation in the YMCA Turkey Trot program.

I HAVE READ AND AGREE TO THE ABOVE WAIVER RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

Signature of Participant

Signature of Parent #1
(if under 18 yrs.)

Signature of Parent #2
(if under 18 yrs.)

Pre-registrations are taken at www.YourYMCA.org