



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

YMCA of Grand Island along with these presenting sponsors
The Thompson Company and Subway bring you the
2011 Bill Seymour Half-Marathon & 5K
Saturday, September 3rd

Half-Marathon and 5K

Saturday, September 3rd

- 5:30 - 6:45 a.m.: Check-in
- 7:00 a.m.: 1/2 Marathon
- 7:20 a.m.: 5K

Start and Finish: Super Bowl Family Fun Center, 1010 E. Bismark Road

Chip Timing

1/2 Marathon Certified Course

Age Divisions

1/2 Marathon & 5K (Men and Women):

18 & Under	35 - 39	60 - 69
19 - 24	40 - 44	70 +
25 - 29	45 - 49	
30 - 34	50 - 59	

Entry Fees

Early Bird by June 10

1/2 Marathon	\$30.00*/\$35.00**
5K	\$25.00*/\$30.00**

Normal by July 31

1/2 Marathon	\$35.00*/\$40.00**
5K	\$30.00*/\$35.00**

Late by August 22

1/2 Marathon	\$45.00*/\$50.00**
5K	\$40.00*/\$45.00**

Fee includes long-sleeve T-shirt & Goodie Bag

**Option to upgrade T-shirts to a short sleeve Dry-fit for an additional \$5.00

Registration Deadline

Monday, August 22. Registration is limited to 1,000 entrants.

No Race Day Registrations will be accepted.

Packet Pick Up - September 2, 9 am - 6 pm, YMCA and September 3, starting at 5:30 am, Super Bowl

How to Register

In person at:

YMCA of Grand Island, 221 E. South Front Street, Grand Island, Nebraska, (308) 395-9622

Register online at:

www.giyymca.org

All registrations must be received by Monday, August 22, to avoid the late registration fee.

Prizes

1/2 Marathon:

- \$500 for 1st overall male & female winners
- \$200 for 2nd overall male & female winners
- \$100 for 3rd overall male & female winners
- Medals will be presented for 1st, 2nd & 3rd place runners in each age division.*

5K:

- \$50 will be given for overall male & female winners in the 5K.
- Medals will be presented for 1st, 2nd & 3rd place runners in each age division.*

Awards Ceremony:

All finishers of the 1/2 Marathon will be awarded a medal/ribbon at the finish line.

After the race, please join us for the awards ceremony and prize drawing at Super Bowl Family Fun Center. All entrants are eligible for door prizes, but you must be present to win.

Record Breaker

Any Male or Female who breaks the event record will receive \$500.

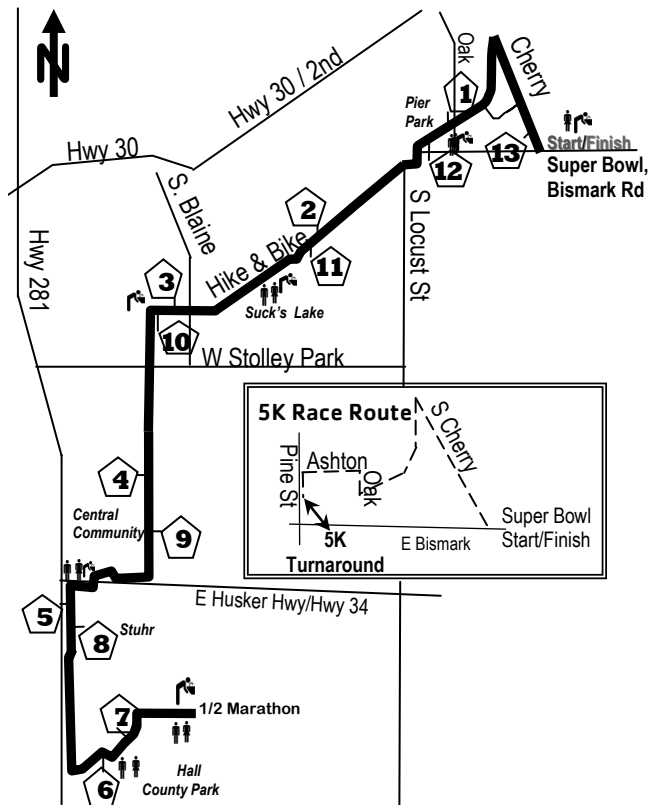
Male - Matthew Chesang, Kansas City 1:09:20 2010

Female - Kaci Lickteig, Dannebrog 1:21:29 2010

Sponsors



2011 Bill Seymour Half-Marathon & 5K



Half-Marathon Race Route
See inset for 5K route

- Mile Markers
- Restrooms
- Water Station

Course

Start and finish:

Super Bowl Family Fun Center, 1010 E. Bismark Road

The course will lead participants through the flat and shady residential streets of Grand Island and on the hike and bike path.

Clock Stop Time for 1/2 Marathon is 10:30 a.m. After this time the course will not be monitored.

Showers and Restrooms

- Restrooms & showers available at Grand Island YMCA
221 East South Front Street
- Restrooms will be available at Super Bowl and at various places along the race route.

1/2 Marathon and 5K Entry Form

Registration available online at www.giymca.org

Name _____ Phone _____ Birth Date _____

Address _____ City _____ Age as of September 3, 2011 _____

State: _____ Zip: _____ Phone: _____ Male ___ Female ___

Email Address _____

Long Sleeve T-shirt Size: YM YL S M L XL XXL (Add \$2.00 to entry fee if ordering XXL) **OR**
Dry-fit short sleeve S M L XL XXL (additional \$5.00 & only available in adult sizes, and \$7 if ordering XXL)
(not available after August 22)

Please indicate race: ___ 1/2 Marathon Runner ___ 5K Run

Waiver: In consideration of your acceptance of my entry, I hereby for myself, my heirs and executors, waive and release any and all rights and claims for damages against the Bill Seymour Half-Marathon (which includes a 5K) the Grand Island YMCA, Super Bowl Family Fun Center, all sponsors, meet officials, volunteers, and workers for any injuries suffered by me in connection with the event. I further certify that I am in good enough physical condition to participate in this event.

Please mail registration and fee to:
Grand Island YMCA
221 E. South Front Street
Grand Island, NE 68801
308-395-9622

Signature _____

Parent or Guardian Signature _____

Date _____

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