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RACING FOR OUR COMMUNITY

11th Annual YMCA Strides For Kids 5K Dash
EMORY FOLMAR YMCA SOCCER COMPLEX



SCAN TO REGISTER

The 11th Annual 5K Run to be held at the Emory Folmar YMCA Soccer Complex. All 5K participants will receive a dri-fit blend shirt and all finishers will receive a finishers medal. Walk-in/Late registrations are welcome (but not guaranteed a shirt). There will also be a 1 Mile Fun Run. Proceeds benefit the Annual Giving Campaign. Last year we serve nearly 500,000 meals to children who wouldn't otherwise know where their next meal may come from through our Brown Bag Bus (the YMCA's mobile feeding unit). Our goal for this year is that no one is denied an opportunity to participate in YMCA programs, because of the inability to pay, feed more kids and expand our outreach mentoring programs in underserved areas of our community.

Saturday, April 13, 2024

Important Dates:

- Registration Begins: November 10, 2023
- Late Registration Starts: April 1, 2024

Time:

8:30 am (5K) and 9:45 am (Fun Run)

Location:

Emory Folmar YMCA Soccer Complex
300 Brown Springs Road
Montgomery, AL 36117

Entry Fee:

- \$30.00 for 5K, T-Shirt and Finisher Medal Provided (\$35 after April 1, 2024)-
- \$15.00 for 1 Mile Fun Run (

Awards:

- Top Overall Male/Female
- Top 3 Male/Female in each age groups: (male/female 9 & Under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over)

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