

POLAR EXPRESS

2017

5K



December 9, 2017 @10:00AM

Please arrive by 9:50am,
*entrance will be closed 10 minutes
before the start of the race.*

Kerr Lake State Recreational Area

Satterwhite Point
6254 Satterwhite Point Rd
Henderson, NC 27537

Registration: Pre-register by **November 27** to guarantee a t-shirt! Register online, by mail, or at the Henderson Family YMCA. *Registration is open 9-10 AM race day.**

Packet Pick-Up: Friday, December 8
12-1:30pm and 4-6pm.
Race Day Pick-Up 9-10am.



Event Info: The race will start and finish in the last parking lot on Satterwhite Point, down from the community building 'Glass House'. Enjoy a scenic route through the closed campgrounds of Kerr Lake State Recreational Area, in a loop that gives a closer look at nature and a beautiful view of Kerr Lake as you complete the Polar Express 5K.

For additional information:
Call 252.438.2144 or visit hendersonymca.org



ENTRY FEES: Pre-Race Race Day

Adult () \$20 () \$30

*Child () \$10 () \$20

*Child = 13 years & under

Name _____ Date of Birth _____

Address: Street Name _____ City, State _____

Zip Code _____ Phone _____

Email _____

Emergency Contact Name _____ Phone _____

T-shirt Size: YM YL S M L XL XXL () Male () Female

***Register by November 27th to guarantee a t-shirt!**

Site (circle one): Dabney, E.O. Young, Wilton,
New Hope, L.B. Yancey, Mt. Energy GOTR,
Mt. Energy STRIDE, Tar River STRIDE

Mail form & entry fee to:
Henderson Family YMCA
380 Ruin Creek Road
Henderson, NC 27536
OR register on-line at
www.hendersonymca.org



PLEASE READ AND SIGN: In consideration of my entry, I, intending to bind myself and anyone entitled to act in my behalf, do hereby release and discharge Girls on the Run, STRIDE, the Henderson Family YMCA, the City of Henderson, The Kerr Lake State Recreational Parks, North Carolina State Park Rangers, Volunteers and any and all Sponsors, Contributors, and Organizer from any and all liability arising from any illness, injury, or damages I may suffer as a result of my participation in the 2017 Polar Express 5K Event. I provide and certify my compliance by my signature below. If participant is under 18 years old, I certify by my signature that the child has permission to participate; is in good physical condition; and that officials may authorize emergency medical treatment in the event of injury or illness. I understand that there is no refund due to me for any reason. This release and waiver extends to all claims of every kind whatsoever foreseen or unforeseen, known or unknown. I authorize the Henderson Family YMCA to use any photos or videos captured at the 2017 Polar Express 5K Event for current and future years of program promotion and advertisement.

Signature _____
(If participant is under 18 a parent/guardian MUST sign.)

Henderson Family YMCA 5K



Benefitting

&



STRIDE

Success, Teamwork, Respect, Inspiration, Determination = Excellence in Character.



Over a period of 10-12 weeks, girls in the 3rd through 5th grade participate in an after-school program like no other. Designed to allow every girl to recognize her inner strength, the Girls on the Run curriculum inspires girls to define their lives on their own terms. Throughout the season, the girls make new friends, build their confidence and celebrate all that makes them unique. The Girls on the Run lessons encourage positive emotional, social, mental and physical development. Participants explore and discuss their own beliefs around experiences and challenges girls face at this age. They also develop important strategies and skills to help them navigate life experiences. Physical activity is woven into our program to inspire an appreciation of fitness and to build habits that lead to a lifetime of health. At the end of each season, the girls participate in a Girls on the Run 5k event. Completing the 5k gives the girls a tangible understanding of the confidence that comes through accomplishment as well as a framework for setting and achieving life goals. Crossing the finish line is a defining moment when the girls realize that even the seemingly impossible IS possible. For more information go to www.GOTR.org

STRIDE is a fun afterschool character development program for boys. The boys look forward to time with their friends and making new friends. Throughout the program, the focus is on doing one's personal best, not competing with each other. Each STRIDE team meets twice a week for 10-12 weeks. Trained volunteer coaches start each session with an introduction of the day's character-building lesson, followed by a warm-up, group discussion, running workout and interactive games. In each session, the boys build the stamina, techniques and confidence to run a 5K. Boys who demonstrate excellent character are rewarded with a STRIDE dog tag at the end of the lesson. At the conclusion of the ten-week session, the boys celebrate by participating in a 5K with their coaches, parents and running partners. STRIDE gives boys the opportunity to share and explore issues that they face in school, at sports, in the community and at home. They learn the importance of being a good friend, working as a team, saying no to drugs and making good decisions. We want to help boys become young men who KNOW what is right, CARE what is right and DO what is right. For more information go to www.ymcastride.org



Allstate
You're in good hands.
JEFF AYSCUE
252-438-2299



Granville-Vance Health Department
Keeping You in Healthy Balance

ICON Entertainment