



Corn Festival & Wellness Rally

Sunday, August 16, 2009

Family fun, featuring ...

☆ WELLNESS EVENTS

5K Cross Country Run/Walk and Kids Fun Run

☆ 60 MILE BIKE RIDE—FREE

☆ WELLNESS FAIR

Booths from area non-profit health agencies

☆ GREAT FOOD

☆ FRESH ROASTED CORN

from Bockmier's Farm Market

☆ MUSIC BY "DJ DAN SHEMBEDA"

☆ CORN-EATING CONTEST

☆ CAR SHOW

☆ CHILDREN'S GAMES

☆ GIANT INFLATABLES

☆ PONY RIDES & PETTING ZOO

☆ HORSE-DRAWN WAGON RIDES

☆ MUSICAL CHAIRS

☆ RAFFLE PACKAGES

☆ 50/50'S

*2009 POLAR BEAR SERIES OF RUNS & WALKS

January through March 2010!

YMCA Runners Club-Twin Tier Striders! To be included in the mailing and e-mail lists of get-together-runs and events, contact Ink at fitness@oleanyymca.org or (716) 701-1330.

Schedule of Wellness Events

Time	Event
9-9:55 a.m.	Run & Walk Registration
10:00 a.m.	START of Run/Walk
9:00 a.m.	START of 60 Mile Bike Ride
1:30-2:30 p.m.	Kids Run registration
2:30 p.m.	Kids Fun Run

~ Event Specifics ~

5K Cross Country Trail Run

3.1 miles on cross country trails along the River

The race is non-competitive, but times will be kept (and posted) for those who are in training or those who are trying to reach a fitness goal. Each runner will receive an award at the finish line upon completion of the run. 50 first to pre-register for run/walk will receive YMCA T-Shirt.

5K Cross Country Trail Walk

3.1 miles on cross country trails along the River

This non-competitive walk starts in Gargoyle Park and continues through trail course. All participants will receive a prize at the finish line upon completion of the walk. 50 first to pre-register for run/walk will receive YMCA T-Shirt.



Kids Fun Run

All participants will receive a ribbon!

Registration: 2:00 - 2:30 p.m. \$1/kid

RACE TIME: 2:30 P.M. (field near kids games)
ages 6 & under: 50 yds. ages 7, 8, 9: 100 yds.
ages 10, 11, 12: 200 yds. ages 13 & up: 440 yds.

An alcohol-free, family event!

Corn Festival Wellness Events

Entry Form

(please print)

Name _____

Address _____

City _____

State _____ Zip _____ Age _____

Phone _____ Male ___ Female ___

Email address: _____

Choose one event:

_____ 5K XC Run _____ 5K XC Walk

_____ Kids Fun Run

WAIVER (Must be signed by each participant.)

I waive and release any and all rights and claims for damages for me, my heirs, executors, and administrators that I may now or in the future have against the Olean or Bradford YMCA, the City of Olean, event sponsors, their representatives, agents and assigns, for any and all losses and injuries suffered from or competing in the Corn Festival events.

Signature _____ Date _____

Parent/guardian signature for participants under 18 years.

Payment Enclosed:

_____ \$12/pre-registered (be in first 50 to

Pre-Register and get YMCA T-Shirt!)

_____ \$15/day of event

_____ \$30/Family/pre-registered (Pre-register and receive two YMCA T-Shirts per family)

Family is: Mother/Father & child(ren) under 18

_____ \$35/Family/day of event

_____ \$1 Kids Fun Run

_____ **Total Enclosed**

Please make checks payable to the YMCA.

Corn Festival information as well as other wellness events (*Polar Bear Series*) are updated regularly on www.oleanymca.org & www.bradfordymca.org on the Special Events page. *Check us out!*

BE ONE OF THE FIRST 50 TO PRE-REGISTER AND RECEIVE A YMCA T-SHIRT ON A DAY OF THE EVENT!

13th Annual YMCA

Corn Festival & Wellness Rally



August 16, 2009

11:00 a.m. - 6:00 p.m.

Cross Country

5K Trail Run or Walk

Kids Fun Run



Run/Walk Start Time:

10:00 a.m.

Gargoyle Park ~ Olean, NY

Along the wooded trails behind SBU & Gargoyle

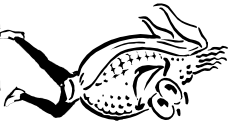


YMCA
We build strong kids,
strong families, strong communities.

Our major sponsors:



Olean-Bradford Area YMCA
1101 Wayne Street
Olean, New York 14760
Phone: (716) 373-2400
Fax: (716) 373-7361
www.oleanymca.org



Non-Profit
Permit No. 43
US Postage Paid
Olean, New York