

the *Fit 'n' Fun Fest*

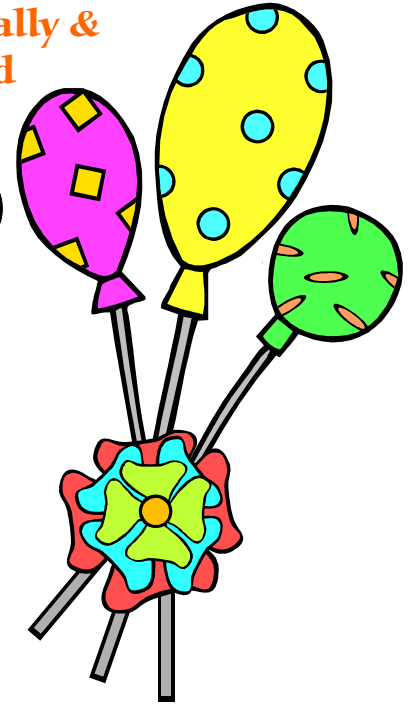
Formerly the Corn Festival & Wellness Rally &
a part of the YMCA Charity Weekend

Saturday, August 14, 2010

8:00 a.m. - 3:00 p.m.

Olean Family YMCA ♦ 1101 Wayne St.

FREE & OPEN TO THE COMMUNITY!

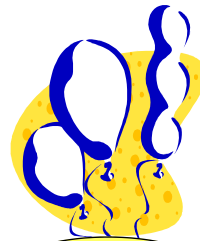


Featuring:

- ★ DJ Dan Shembeda
- ★ Olean Booster Club Chicken BBQ
Corn Roast & food table with proceeds
benefiting Olean Modified Sports
- ★ Bradford Flames Gymnastics Team
- ★ Linger Longer Café
- ★ Irish Dancers
- ★ Toe Heel Twisters
- ★ Joyful Rescues
- ★ Kirk & Kellen Gilbert
- ★ The Olean Barbershoppers
- ★ WMXO Live Remote
- ★ Enchanted Mtn. Martial Arts Academy
- ★ Nancy Hefti Select Singers



BlueCross BlueShield
of Western New York



Health Fair
9 AM - 3 PM

FREE Kids & Family Activities:

- | | |
|-------------------------------|---------------------------|
| ★ Carnival style games | ★ Pool Games |
| ★ Sport Wall competitions | ★ Trackless Train 10-3 pm |
| ★ The Y Awareness Crawl 10-1 | ★ Arts & Crafts |
| ★ Inflatables & Climbing Wall | ★ Nutrition Quest 12-3 pm |

Sponsored by Linger Longer

Iron Team Challenge:

- ★ Registration (8 AM)
Teams consist of 2-4 participants
- ★ 5K Run (8:30 AM)
- ★ 5K Walk (8:30 AM)
- ★ Nutrition Challenge (10 AM)
- ★ Bench Press (10 AM)

T-shirts to all registered participants.

Big Raffle:

- ✓ **Grand Prize:** \$1000
- ✓ **2nd Prize:** \$500
- ✓ **3rd Prize:** SBU Men's Basketball Season Tickets (2)
- ✓ **4th Prize:** Jim Kelly-level Bills game tickets (2)
- ✓ **5th Prize:** Pittsburgh Pirates game tickets (2)
- ✓ **\$200 Early Bird Drawing** on Aug. 2

Tickets are \$5 each.

All proceeds benefit YMCA child care programs in Olean & Bradford.

