

❄️ **2009 Polar Bear Series** ❄️  
**ENTRY FORM**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

\_\_\_\_\_  
(city) (state) (zip)

**Phone:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**AGE:** \_\_\_\_\_ **M or F:** \_\_\_\_\_

- Olean or Bradford YMCA Member  
\*must present Y membership card
- Public     Twin Tiers Striders mbr.  
\*must present club membership card

**Check One:**

- \_\_\_\_ Entire Series of **Runs**  
 \_\_\_\_ Entire Series of **Walks**  
 \_\_\_\_ Specific Race Date(s) \_\_\_\_\_

**I am Walker** \_\_\_\_\_ **Runner** \_\_\_\_\_

**T-shirt Size:** \_\_\_\_\_

**WAIVER:** *(must be signed to participate)*

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 and Town of Olean, the City of Bradford, the Town of Allegany, or St. Bonaventure University, University of Pittsburgh at Bradford, event sponsors, their representatives, agents or assigns, for any and all losses and injuries suffered from or competing in the Polar Bear Runs or Walks.

Participant's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent's Signature for participants under 18 years of age: \_\_\_\_\_ Date: \_\_\_\_\_

*Mail entries and entrance fees to (or drop of at):*

**Polar Bear Series of Runs/Walks**

Olean Family YMCA    **OR**    Bradford Family YMCA  
 1101 Wayne St.                      59 Boylston St.  
 Olean, NY 14760                      Bradford, PA 16701

**Amt. Pd.** \_\_\_\_\_ **Date** \_\_\_\_\_

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



**Olean Family YMCA**  
 1101 Wayne Street  
 Olean, NY 14760  
 Phone: (716) 373-2400  
 Fax: (716) 373-7361  
[www.oleanymca.org](http://www.oleanymca.org)



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

19th Annual  
**2009**  
**Polar Bear**  
**Series**  
 of  
**Runs/Walks**



January 1  
 January 11  
 January 25  
 February 8  
 February 22  
 March 15

**Registration: Noon**  
**Walks Begin: 1:00 p.m.**  
**Runs Begin: 1:30 p.m.**

**OUR PROUD SPONSORS:**

Abbott Welding, Dan Horn Pharmacy,  
 Ed's Sporter Pro Shop,  
 Hedley Brook Agency,  
 Kel-Kur Inc.,  
 Napoli Pizza, Olean Family Chiropractic,  
 Prizel's Pharmacy, Pure Tech Inc.  
 Sports Locker and Tasta Pizza.

# Polar Bear Series of Runs/Walks

## ❄ ❄ 2009 Event Info ❄ ❄

Registration Noon - 1:15 p.m.  
 All Walks 1:00 p.m.  
 All Runs 1:30 p.m.

### Age Categories

19 and under 20-29 30-39  
 40-49 50-59 60+

Proceeds benefit the **YMCA**  
 Youth Assistance Fund

#### Polar Bear Series staff contacts:

**Bradford:** Sue Wager, Tel: (814) 368-6101 or  
 e-mail: [swager@bradfordymca.org](mailto:swager@bradfordymca.org)

**Olean:** Ink Urho-Young, Tel: (716) 701-1330 or  
 e-mail: [fitness@oleanyymca.org](mailto:fitness@oleanyymca.org)

#### VOLUNTEERS NEEDED!

We need your help to manage these races—choose before, during or after. If interested, fill out form and return to registration.

Name: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ - \_\_\_\_\_

Date(s) available: \_\_\_\_\_



- pre-race set-up
- during race
- post race tear-down



Thank you!

**COMPLETE SERIES PARTICIPANTS:** Includes entry into all 6 events & a long-sleeved T-shirt.

**Register up to 12/31/08:**

COST: Y Members: \$35  
 Public: \$50

**Register from 1/1/09 - 1/25/09:**

COST: Y Members: \$40  
 Public: \$55

EVENT DATE	DISTANCE	LOCATION	SINGLE RACE PRE-REGISTRATION COST UP TO DAY BEFORE EVENT	DAY OF EVENT COST	LONG SLEEVED T-SHIRT
<b>January 1</b>	5K Run	St. Bonaventure University (Murphy Hall)	Y Member: \$18	Y Member: \$20	✓
	5K Walk		Public: \$20	Public: \$22	✓
<b>January 11</b>	5K Run	University of Pitt at Bradford	Y Member: \$7	Y Member: \$9	
	5K Walk		Public: \$10	Public: \$12	
<b>January 25</b>	5-Mile Run	St. Bonaventure University (Murphy Hall)	Y Member: \$7	Y Member: \$9	
	4-Mile Walk		Public: \$10	Public: \$12	
<b>February 8</b>	10K Run	Bradford YMCA 59 Boylston St.	Y Member: \$7	Y Member: \$9	
	4-Mile Walk		Public: \$10	Public: \$12	
<b>February 22</b>	10-Mile Run	Bradford YMCA 59 Boylston St.	Y Member: \$7	Y Member: \$9	
	5-Mile Walk		Public: \$10	Public: \$12	
<b>March 15</b>	1/2 Marathon Run	Olean YMCA 1101 Wayne St.	Y Member: \$7	Y Member: \$9	
	6-Mile Walk		Public: \$10	Public: \$12	

## ❄ ❄ Awards ❄ ❄

- ❄ Long-sleeved T-shirts for all complete series entrants and all New Year's Resolution entrants.
- ❄ Awards for first and second place in each age group for the series of runs\*
- ❄ Awards for first place finishers in each age group for the 1/2 Marathon



\*Run Series awards will be determined by top scorer. Every runner must run four of the six runs to qualify for the series awards. Scores will be given in each age group as follows: 1st—six pts.; 2nd—four pts.; 3rd—three pts.; 4th—two pts.; 5th—one pt. Two additional points will be awarded for those entering the 1/2 Marathon Run.

## ❄ ❄ Results ❄ ❄

Results will be tabulated after each race and posted on the [www.oleanyymca.org](http://www.oleanyymca.org) and [www.bradfordymca.org](http://www.bradfordymca.org)