



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COME RUN WITH US



1st ANNUAL TWIN RIVERS YMCA RUN

Sunday, September 11th, 2011 at 1 pm

Family 1 Mile Fun Run

\$10 per person with a \$5 discount for every 3rd family member

5K and 15 K

Registration before Sept. 1st

5 K—\$15
15 K—\$20

Registration after Sept. 1st

5K—\$20
15K—\$25

*Registration available online or at the Twin Rivers YMCA

**For more information contact Judy at:
(402) 359-9622 or jargintean@metroymca.org**

TWIN RIVERS YMCA

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YMCA Mission: "To put Christian principles into practice through programs that build healthy spirit, mind and body for all."