



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET & STAY ACTIVE THIS WINTER

## POLAR BEAR SERIES OF RUNS/WALKS OLEAN-BRADFORD AREA YMCA

Join the over one hundred runners and walkers in the 22<sup>nd</sup> annual series of outdoor runs and walks and make the commitment to stay active this winter.

Starts with a 5K run/walk on January 1, 2012 and ends with a half marathon run/6 mile walk on March 13, 2012.





FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY



## 22ND ANNUAL POLAR BEAR SERIES OF RUNS/WALKS

Join the Southern Tier's only winter outdoor running/walking series.  
 Complete one event or do them all.

Event Date	Distance	Location
January 1	5K Run 5K Walk	St. Bonaventure University
January 15	5K Run 5K Walk	University of Pitt at Bradford
January 29	5-mile Run 4-mile Walk	St. Bonaventure University
February 12	10K Run 4-mile Walk	Bradford YMCA
February 26	10-mile Run 5-mile Walk	Bradford YMCA
March 18	1/2 Marathon Run 6-mile Walk	Olean YMCA

**SPONSORED BY  
 THE TWIN TIERS  
 STRIDERS CLUB**

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

**Register up to 12/29/11:**

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

**Register 1/1/12 - 1/15/12:**

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

Complete series registration must be paid by 1/9/12.

**SINGLE RACE PARTICIPANTS:** (must pre-register by Friday prior to the race or pay an additional \$2 fee the day of)

**JAN. 1 New Year's Resolution Run/Walk** (includes a long-sleeved T-shirt) Y members: \$18 Public: \$20

**ALL OTHER EVENTS:** Y Members: \$7 Public: \$10

Note: Registration on the day of the event: **add \$2**

**RACE DAY INFORMATION:** **Registration:** 12:00-1:00 pm

**Event start time:** First four Run Events: 1:20 pm (1/1, 1/15, 1/29, 2/12)

First four Walk events: 1:00 pm (1/1, 1/15, 1/29, 2/12)

Last two events both Run/Walk start at 1:00 pm (2/26, 3/13)

**For more information contact:**

- Lisa Platko, Y Wellness Director in Bradford at 814 368 6101 or e-mail: [lplatko@bradfordymca.org](mailto:lplatko@bradfordymca.org)
- Ink Young, Y Sr. Wellness Director in Olean at 716 701 1330 or e-mail: [fitness@oleanymca.org](mailto:fitness@oleanymca.org)

**OLEAN FAMILY YMCA**

1101 Wayne Street, Olean NY 14760  
 P 716 701 1330 W [www.oleanymca.org](http://www.oleanymca.org)

**BRADFORD FAMILY YMCA**

59 Boylston Street, Bradford, PA 16701  
 P 814 368 6101 W [www.bradfordymca.org](http://www.bradfordymca.org)

All race results are posted on both the Olean and Bradford YMCA's websites within 1-2 days of the event.



**2012 REGISTRATION FORM**

**22<sup>ND</sup> ANNUAL  
POLAR BEAR SERIES OF RUNS/WALKS**

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

**Register up to 12/29/11:**

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

**Register 1/1/12 - 1/9/12:**

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

Complete series registration must be paid by 1/9/12.

**SINGLE RACE PARTICIPANTS:**

(must pre-register by Friday prior to the race or pay an additional \$2 fee the day of)

**JAN. 1 New Year's Resolution Run/Walk** (includes a long-sleeved T-shirt) Y members: \$18 Public: \$20

**ALL OTHER EVENTS:** Y Members: \$7 Public: \$10

Note: Registration on the day of the event: **add \$2**

**Registration Information:**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email address: \_\_\_\_\_ (Y communication only)

Check One: Runner  Walker  Event Date: \_\_\_\_\_ Full Series:

Olean or Bradford YMCA Member: yes  no

**Waiver, Release, Indemnification and Hold Harmless Agreement**

I understand that YMCA activities have inherent risks and in consideration for use of the YMCA's facilities, I hereby assume all risks and hazards incident to my participation in all YMCA activities. I further waive, release, absolve, indemnify and agree to hold harmless the YMCA, the organizers, volunteers, supervisors, officers, directors, participants, coaches, referees, as well as, persons or parents transporting participants to and from activities from any claims or injury sustained while participating in a Y sponsored activity.

**I HAVE READ AND AGREE TO THE ABOVE WAIVER RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT**

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Signature of Parent #1  
(if under 18 yrs.)

\_\_\_\_\_  
Signature of Parent #2  
(if under 18 yrs.)

\_\_\_\_\_  
Date

Pre-registrations can be dropped off at the Y Front Desk.

**OLEAN FAMILY YMCA**  
1101 Wayne Street, Olean NY 14760  
P 716 701 1330 W www.oleanymca.org

**BRADFORD FAMILY YMCA**  
59 Boylston Street, Bradford, PA 16701  
P 814 368 6101 W www.bradfordymca.org