

FREE Fitness Challenge Event for Area K-8 Students @ the Uniontown YMCA

Saturday, May 21, 2022 (Light Rain or Shine) If Heavy Rain, Make-Up Date is Saturday, May 28, 2022

Grades K-2 (3/4 Mile Run/Walk) start @ 9 a.m. Check-in 8-8:45 a.m.

Grades 3-5 (1 Mile Run/Walk) start @ 10 a.m. Check-in 9-9:45 a.m.

Grades 6-8 (1.5 Mile Run/Walk) start @ 11 a.m. Check-in 10-10:45 a.m.

1 YMCA Drive, Uniontown, PA 15401

For applications, visit uniontownymca.org. Scroll to the top right and click on events.

For possible inclement weather updates, visit the Uniontown YMCA Facebook page or Instagram starting at 7 a.m. on May 21.

This will be a FREE, no frills event: no timer, no t-shirts, no awards, etc. The objective is to offer a fun and unique experience for area youth, introduce physical fitness as a major component of overall wellness, and introduce new families to the Uniontown YMCA.

Students may carry bricks, lighter blocks, gravel, sand, dirt and milk jugs, and may do step ups, 2-4 pushups (on knees is okay) 2-4 sit-ups, and 2-4 jumping jax at some stations, plus do other fun activities. Students will be challenged, but we believe we are racer-friendly for all grades. If a student feels s/he cannot do something, they may do an alternate "station." This unique fitness event is not for any students looking for an obstacle course (as seen on TV) with a six figure budget, freezing water, lots of mud, high obstacles, barbed wire, fire jumps and a cost of \$75-100. This event is FREE, and we encourage all participants to bring canned goods and/or make a donation to the Fayette County Food Bank. Participants are encouraged to wear school colors.

Tours of the YMCA will be given. Port-a-johns will be available. Participants should bring their own water bottles. Parents/guardians should time their own child. Unofficial results may be emailed. Younger participants may have older siblings/parents/guardians go alongside them when on the course.

Volunteers are needed to help ensure a quality event. Please email Jes Hutson at jeh20@psu.edu to volunteer and/or to have your questions answered. Call 724-438-2682 and leave a voice mail if necessary.

Please mail the entry form below to Jes Hutson, PO Box 312, Uniontown, PA 15401. Entries should be mailed NLT Monday, May 16.

Please Print

Participant's Name _____ School _____ Grade _____ Gender _____

Parent/Guardian Name _____ Phone _____ E-mail _____

Street _____ City _____ State _____ Zip _____

Emergency Contact Name _____ Phone _____

Uniontown Area YMCA Program Waiver for K-8 Fitness Challenge

All participants or parents/guardians must sign this release prior to utilizing the Uniontown Area YMCA facilities:

I do hereby assume full responsibility for any and all damages, injuries, or loss that my child may sustain or incur, if any, while attending or participating in any program and/or during any visit to the Uniontown Area YMCA. I hereby hold harmless and waive all claims against the Uniontown Area YMCA, its instructors, agents, staff, or partners of said program, individually or otherwise, for any and all claims for injuries or damages that my child might sustain. I understand that there is a risk of injury associated with participation in any Uniontown Area YMCA activity or program, and I certify that my child is in good physical condition and has no ailments that might hamper my child's participation. I also agree that my child may be photographed and his/her picture may be used for publicity.

I certify that all of the information provided on this document is correct and true.

Signature of Parent/Guardian since participant is under 18 years of age.

Signature: _____ Printed Name: _____ Date: ___/___/_____