

Dear Participant:

We invite you to participate in our Annual YMCA Marathon/10K Event. This event, which started 39 years ago, has supported many worthwhile YMCA programs for families and youth in our community. The event started just as a marathon but has grown through the years to include events that everyone in the family can participate in: a marathon, an adaptive cycling component, ½ marathon, 10K, 5K walk/run, relays, events for children, and as of last year it has also become a platform to educate the community on SUDC (Sudden Unexplained Death in Children). More information on this organization can be found at [www.sudc.org](http://www.sudc.org).

We are proud to celebrate our 39<sup>th</sup> Anniversary and are excited about meeting and seeing everyone participate and enjoy this worthwhile event.

Thank you and welcome,  
Sharon L. Jones  
YMCA Executive Director



**39 years**  
...and still running!

**October 5, 2014**

**START TIMES:**

8:55 am..... Adaptive Cycling/Wheelchair Marathon  
9:00 am..... Marathon and Half Marathon, Relays  
9:00 am..... Marathon Team Relay  
9:55 am..... Adaptive Cycling/Wheelchair 10K  
10:00 am..... 10K/10K Corporate Relay  
10:00 am..... 5K Fun Walk/Run

[www.johnstownpaymca.org](http://www.johnstownpaymca.org)

**A  
Boston  
Marathon  
Qualifier!**

# MARATHON EVENTS



**Marathon** (26.2 miles)

A scenic, colorful and challenging course through the Greater Johnstown area and surrounding communities. Race begins at the Johnstown Incline Plane area and finishes at People's Natural Gas Park.

**Half Marathon** (13.1 miles)

Want a challenge but can't do a full marathon? Register for our new half marathon that covers 13.1 miles!

**Relay Team Marathon**

Teams consisting of four runners will have the opportunity to complete the Marathon distance in an "Ekidenstyle" relay in Corporate, Scholastic and family categories.

**5K Fun Walk/Run** (3.1 miles)

We have an event for you too! A fun 5K. Walk or run the distance. This event will start with the 10K race at 10:00 am.

**10K Race** (6.21 miles)

This is a challenging race over the Greater Johnstown streets. The race begins at Central Park and finishes at Johnstown's People's Natural Gas Park.

**Corporate Relay Challenge!**

Rally up your friends or colleagues and enter the Corporate Relay Challenge! Build teamwork and leadership in your business. The relay begins with each race start time. Groups of 4 runners will compete. Runners will each run a leg of the relay. Exchange zones will be available.

**Adaptive Cycling Marathon/10K/Half**

In an effort to promote wellness, fitness and independence for individuals with physical disabilities, adaptive cycling is the latest innovation in disabled racing.



**Pre-Race Spaghetti Dinner**

All-you-can-eat spaghetti, salad, roll and beverage will be held Saturday, October 4, 4:00-7:00 pm at the Senior Activity Center, 550 Main Street, Johnstown, 15901. FREE to marathon, half, 10K participants, & volunteers. 5K/Guests/Public is \$5.00 person.

**Kids LOLLIPOP Race**

Boys & Girls ♦ Ages 2-7 ♦ Location PNG Park ♦ Time TBD