



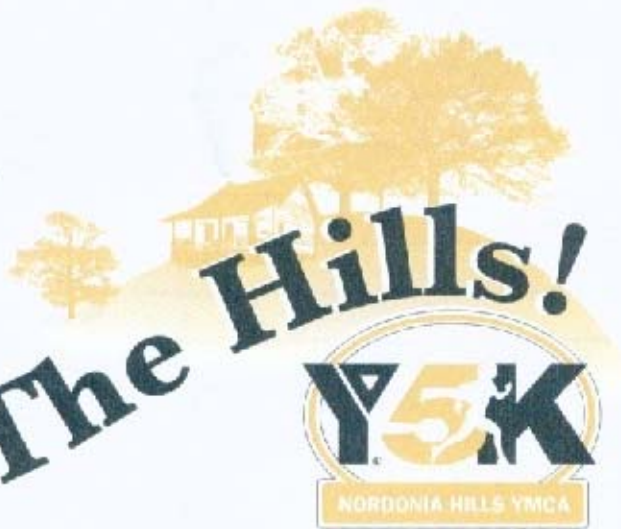
Nardonia Hills YMCA

Part of the Akron Area YMCA Association

We build strong kids, strong families, strong communities

Corner of Route 82 and Shepard Road,
Macedonia, Ohio

Saturday, April 10, 2010
Run For The Hills!



7:30 AM – RACE DAY REGISTRATION
9:00 AM – START 5K RUN
9:00 AM – START 1 MILE FUN WALK

REGISTRATION: Online at akronymca.org/NH5K or
Nardonia Hills YMCA

\$15 **Early Bird Registration** 2/1/10 - 2/25/10
\$25 **Pre-Registration** 2/26/10 - 4/7/10
\$30 **Day of Race Registration** 4/10/10

FREE T-Shirt if registered by March 10, 2010

Awards ceremony & refreshments following the run.

Parking on race day will be at Macedonia Family
Recreation Center, located at 1494 East Aurora Road.
The YMCA will provide a shuttle until 8:45am and
immediately following the awards ceremony.

JOIN US FOR SPIRIT NIGHTS

Chick-fil-A of Macedonia (Rt 8 & Rt 82)
4:30 - 7:00pm, Thursday, February 25
(Last day for Early Registration)
and
4:30 - 7:00pm, Thursday, March 25

Dine In or Drive-thru during spirit nights
and 15% of proceeds benefit
Nardonia Hills YMCA.

**Race Packet Pick Up at Northfield
Fleet Feet on March 25th, 4:30 - 8:00pm**



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akronymca.org/nh5k



Proceeds benefit the Partners With
Youth Annual Giving Campaign

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

