



Grants Pass Family YMCA Presents... 2021 Stronger Together

Virtual 5K Run Series

MARCH - Shamrock Shuffle
JUNE - Sasquatch Stampede
SEPTEMBER - Run for Heroes
DECEMBER - Snowflake Dash

A virtual race is a race that can be run from any location you choose. You can run, jog or walk on a road, trail or treadmill. You can run your own race, at your own pace and time it yourself. Have fun doing it together with friends and family.

5K series details: each month has a different race theme. Sign up by the 1st of the race month then you'll have that entire month to complete your race. Run once or 20+ times in that month - we are just encouraging everyone to be active and healthy together. Submitting your race results is not mandatory but you can by the end of the month. We will post the race result online the 1st of the following month.

Registration includes: a custom themed dry-fit short sleeve t-shirt, bib and finisher's medal. Items will be available for pick up at the YMCA by the middle of the run month. If you prefer to have your items shipped just pay the \$6 shipping fee.



Registration fee: \$35 per race

Registration deadline: 1st of the race month (you may register after that but swag will be limited).

Cancellation/refunds: Unfortunately, we cannot offer a refund for these events. Fees are non-refundable and all sales are final.