



MILES THAT MATTER

Proceeds benefit:

LIVESTRONG®
AT THE YMCA



LIVESTRONG

FOUNDATION

LIVESTRONG® at the YMCA—a 12-week program at no cost to the cancer survivor, our neighbors, family members, and friends—is a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health—healthier well-being, quality of life, and social connections.

Support of this walk/race allows us to provide LIVESTRONG at the YMCA to participants at no cost. Filling our August - November program session now!



JOIN
Change your life!



GIVE
Change a neighbor's life!

The Berkshire Family YMCA is a 501(c)(3) cause-driven nonprofit organization whose mission is to put Caring, Honesty, Respect and Responsibility into programs that build healthy spirit, mind and body for all.

AFTER
THE RACE
PARTY!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

5K, 10K &
1-Mile Walk
July 21, 2018
Adams Visitor
Center

Reg 7am | Race 8am

Family-Friendly

Walk: \$15 Pre | \$20 Day

5K Run: \$25 Pre | \$30 Day

10K Run: \$35 Pre | \$40 Day

Register: bfymca.org or
visit a branch location in
Pittsfield or North Adams

MILES THAT MATTER shirt to first 75 registered. The walk/race starts and ends at the Adams Visitor Center. Prizes awarded for 1st place male and female in age groups and overall top male and female finishers. A FREE Family Day and After the Race Party with food, activities, music, and Color Run will follow the race.

CONTACT:

Brandon, 413-499-7650 x233, brousseau@bfymca.org

Chris, 413-499-7650 x111, cwitruk@bfymca.org

BERKSHIRE FAMILY YMCA | BFYMCA.ORG

