



# FALL INTO FITNESS 5K

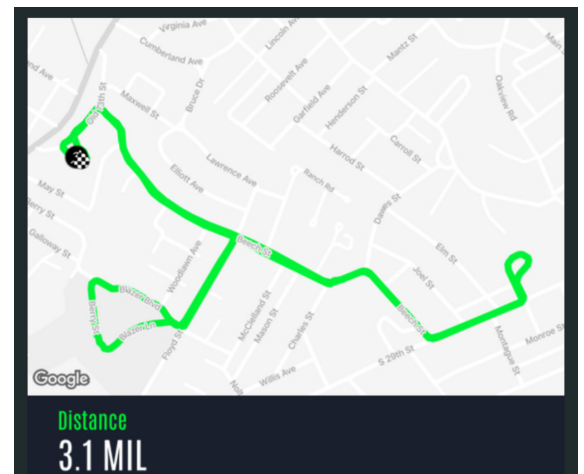


The Ashland Area YMCA is hosting a Social-Distancing 5K race in which participants run the route any time Oct. 23-26, and at the finish turn in their time to the front desk.

**Registration is \$20 and includes a t-shirt.  
Awards given for top 3 male and female finishers**

#### 5K route:

- Start at YMCA front entrance
- Turn right on Megan Neyer Way to Beech
- Turn right on Beech go to Floyd St. stoplight
- Turn right on Floyd St. and go to stop sign
- Turn right on Blazer Blvd go to entrance of Anderson Gym
- Turn left to go in front of gym and under canopy in front of Blazer High School
- Follow road back up hill to Floyd St.
- Turn left on Floyd to go back to Beech St.
- Right on Beech to 29th St.
- Turn left onto 29th St. to Ashland Middle School entrance
- Turn left into Ashland Middle School and make the loop in front of the school entrance and then back to 29th Street
- Turn right on 29th and go back to Beech St.
- Return to the YMCA front entrance by taking Beech back to Megan Neyer Way
- Finish Line at at the front door



For more information, or to register, contact Holly James, Aquatics and Fitness Director, at (606) 324-6191, ext. 228 or at [hjames@ashlandareaymca.org](mailto:hjames@ashlandareaymca.org)

**3232 Megan Neyer Way, Ashland, KY | (606) 324-6191 | [ashlandareaymca.org](http://ashlandareaymca.org)**

# FALL INTO FITNESS 5K

## Registration form

---

Name

---

Date of birth (mm/dd/year)

---

Address

---

City

State

Zip

---

Phone

Shirt size (check one)    S    M    L    XL    2X    3X

### Waiver:

I understand that all photos taken during this event may be used for advertising and marketing purposes for the Ashland Area YMCA. I release the YMCA and staff for any injury that may occur while participating.

---

Signed

Date