



YMCA

BUCKS COUNTY STRONG



2022 Athlete Guide

WELCOME RUNNERS



Dear Runners,

Welcome to the **YMCA BUCKS COUNTY STRONG 5K!**

You made it to race day. May 15, 2022 is a day for you, your family and friends, and everyone who supported you along your journey. This year will be our best year yet as we are finally **together again** after a two year hiatus due to the COVID-19 pandemic. We are thrilled to reintroduce our live annual endurance event for runners of all ages and levels! Our YMCA Bucks County Strong 5K marks the third amazing race out of six races within the Bucks 5K Series, and for those new to our 5K, our race experience lives in the heart of our Doylestown community that is a perfect race for both first-time runners and seasoned athletes. Anticipating several hundred runners on May 15th, race day is a full-family experience like none other, beginning with pre-race entertainment for you and your cheer squad to enjoy before embarking on your run and feeling the energy of family, friends, and the community at large cheering you on!

We'd like to thank our presenting sponsor, GMG Insurance Agency, all our YMCA Bucks County Strong 5K sponsors, and the hundred plus volunteers who make this event possible each year. A very special thanks goes out to the Borough of Doylestown, Doylestown Township, and all emergency personnel for allowing runners and walkers to enjoy the beauty and safety of your race. Last but not least, we thank your greatest fans in attendance who have traveled to support you and cheer you on. And we thank YOU.

We encourage you to read our Athlete Guide, familiarize yourself with schedules and race day logistics, and most importantly – to have fun. Together, we look forward to seeing you finish this celebration: a Bucks County Strong finish.

We're Here For You, and can't wait to see you at the start!

Nicole Bandura

Justin Grand

Race Directors

YMCA OF BUCKS & HUNTERDON COUNTIES

WHO WE ARE **THE YMCA OF BUCKS & HUNTERDON COUNTIES**



MISSION STATEMENT:

YMCA of Bucks & Hunterdon Counties is a charitable, nonprofit organization committed to strengthening our communities through membership and programs that foster youth development, healthy living and social responsibility for all.

www.ymcabucks.org/locations/doylestown-branch

YMCA Bucks County Strong 5K Sponsorship case for support:

YMCA of Bucks & Hunterdon Counties is a charitable, nonprofit organization committed to strengthening our communities through membership and programs that foster youth development, healthy living and social responsibility for all. The Y employs more than 1,000 people, serves more than 60,000 individuals, and provides \$5 million in charitable community impact each year.

YMCA of Bucks & Hunterdon Counties is a non-profit organization that relies upon charitable support to ensure that no one is turned away because of an inability to pay. Each year we provide more than \$500,000 to provide financial assistance for children and youth from low income families to participate in childcare programs and summer camp; we feed more than 3,000 at-risk children and youth each year; and, we provide more than eleven free "health pathway" programs that address special health needs among veterans, cancer survivors, those with mental health issues and more. 100% of the proceeds from this event will support these important causes.

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YMCA OF BUCKS & HUNTERDON COUNTIES



EVENT SCHEDULE

	TIME	EVENT	LOCATION
SAT	12pm-4pm	Packet Pickup	Doylestown YMCA, Welcome Center
	12pm-4pm	Walk-In Registration	Doylestown YMCA, Welcome Center
SUNDAY, MAY 15	8am-9am	Same-Day Packet Pickup & Registration	Central Bucks West High School (CBW), War Memorial Field Parking
	8:30am-11:30am	Stay & Play Childcare	Doylestown YMCA, Stay & Play Room
	9am-9:30am	Kids Fun Run	CBW, War Memorial Stadium Track
	9am-9:20am	Warmup Zumba!	Doylestown YMCA, Parking Lot
	9:25am	National Anthem & Runners in Start Position	CBW, MacFarlane Lane
	9:30am	YMCA Bucks County Strong 5K START!	CBW, MacFarlane Lane
	9:30am-11:30am	Finish Line Expo & Post Race Entertainment!	CBW, War Memorial Stadium Track
	10:10am-10:30am	Cooldown Flow Yoga	CBW, War Memorial Stadium Track
	10:30am-11am	Race Awards	CBW, War Memorial Stadium Track
	12pm-2pm	Post Race Party	Station Taphouse

PACKET PICKUP:

Doylestown YMCA
2500 Lower State Road
Doylestown, PA 18901

RACE ADDRESS:

Central Bucks West High School
War Memorial Field
375 West Court Street
Doylestown, PA 18901

POST RACE PARTY:

Station Taphouse
194 West Ashland Street
Doylestown, PA 18901

YMCA OF BUCKS & HUNTERDON COUNTIES



RACE DAY INFO

The YMCA Bucks County Strong 5K is a race experience for you, your family, your cheer squad, and everyone who has supported you on your journey. Enjoy the following benefits on May 15th as we help you prepare for your start, and celebrate your race journey.



LIVE DJ, presented by DJ Venum, will bring the energy and help you find your finish line!

STAY & PLAY CHILDCARE

Childcare will be available at the Doylestown YMCA! Take advantage of our complimentary childcare service while you run to ensure your entire family has a safe and memorable experience! Stay & Play for your children will be open between 8:30am-11:30am.

- Runners must be present their running Bib for dropoff & pickup
- Parents/guardians may supply snacks for their children; must be peanut & tree nut free
- Children will make personalized finisher arts & crafts!
- Advanced registration encouraged!

ENGAGING FUN FITNESS!

Join us for a fun and engaging pre-race, heart-pumping Warmup Zumba, as well as our Cooldown Flow Yoga.

Pre-race Warmup Zumba with Gina!

9:00am-9:20am
Doylestown YMCA Parking Lot

Post-race Cooldown Flow Yoga with Holly!

10:10am-10:30am
Finish Line, Central Bucks West Track

*All equipment will be provided by the YMCA of Bucks & Hunterdon Counties

SPONSOR TABLES & VENDORS

To help celebrate your finish. A fun & engaging expo for all runners and spectators.

POST-RACE REFRESHMENTS

Compliments of our very generous Bucks 5K Series friends from

- Planet Smoothie
- Bagel Barrel
- Cookie Lady

AFTER PARTY AT STATION TAP HOUSE!

Join our YMCA Bucks County Strong 5K runners, family, friends, race directors & organizers, and volunteers for your celebratory after party! Come for celebratory food and drink, fellowship, and to cap off your weekend experience.



START: 12:00pm
194 W. Ashland St, Doylestown, PA 18901
0.7 miles from your finish line

PACKET PICKUP



SATURDAY, MAY 14
12pm–4pm

Doylestown YMCA
Welcome Center
2500 Lower State Road
Doylestown, PA 18901

SUNDAY, MAY 15
8am–9am

War Memorial Field
Central Bucks High School
375 West Court Street
Doylestown, PA 18901

***Saturday Packet Pickup is highly encouraged!**

- Please bring a copy of your YMCA Bucks County Strong 5K or Buck 5K Series registration confirmation email.
- We will have packets for everyone who is registered. Pickup your packet early, and race shirts will be provided based on the shirt size listed on your registration. Unworn shirts can be exchanged after the YMCA Bucks County 5K, contingent upon shirt exchange availability
- Can't make it to pickup your packet? Not a problem! Forward your confirmation email to a friend or family member.

RACE SWAG!



You put in the work and the training. Time to celebrate your race swag!

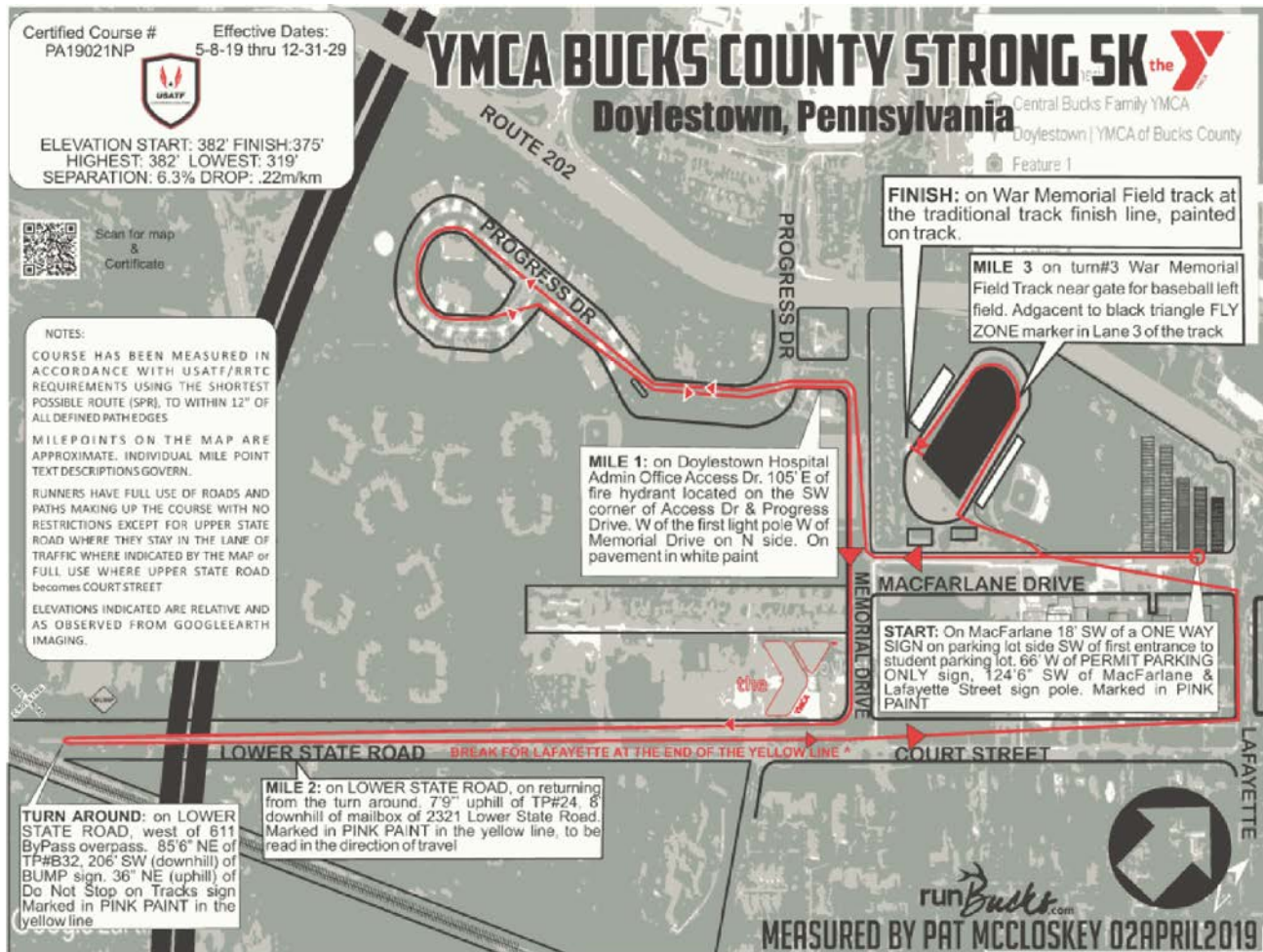


We're finally **together again** and it takes 100+ volunteers to bring our YMCA Bucks County Strong 5K runners across the finish line.

The wristband you receive in your Packet Pickup is a way for runners to say **THANK YOU** to a volunteer who makes a positive and lasting impact on their race experience and who exemplifies the YMCA's core values of **Caring, Honesty, Respect, and Responsibility**.

Whether it's a volunteer who answers questions during check-in, helps you feel inspired and ready, cheers you on at an Aid Station, or a volunteer who greets you at the start line or the finish line with your finisher medal and a huge congratulatory smile, the wristband exchange is simply a way to say thanks!

COURSE MAP



Water will be available at the midpoint on Lower State Road, and post-race refreshments will be served for your finish!

PARKING MAP



Parking is available for race participants in the lots highlighted in yellow on the map below. Areas noted in red will be closed for the race, and parking is not allowed. Parking in those areas could result in your vehicle being towed.



Enjoy use of complimentary parking in the following lots:

- Central Bucks West High School
- Lenape Middle School
- Doylestown Health Hospital

RESULTS & AWARDS

Finisher Medals will be awarded to all YMCA Bucks County Strong 5K finishers!

Individual Results can be found online at bucks5kseries.com, or by visiting [here](#).

Awards are given to the top three overall finishers and masters winners, as well as to the top three male and female finishers in each age group. Masters categories are awarded to the top three overall male and female runners age 40 and up.

Under 9	9-11	12-14	15-19	20-24	25-29
30-34	35-39	40-44	45-49	50-54	55-59
60-64	65-69	70-74	75-79	Over 80	



SPONSORS

A very special thanks to all of the businesses and organizations who provide support for the YMCA Bucks County Strong 5K and to the Bucks 5K Series!

Bucks County Strong 5K and One-Mile Fun Run Sponsors



SERIES SPONSORS



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