



# YMCA

BUCKS COUNTY STRONG



**2023 Athlete Guide**  
Saturday, May 6, 2023

# WELCOME RUNNERS!



Dear Runners,

Welcome to the 13th Annual **YMCA BUCKS COUNTY STRONG 5K!**

You made it to race day. May 6, 2023 is a day for you, your family and friends, and everyone who supported you along your journey. Our YMCA Bucks County Strong 5K marks the fourth amazing race out of seven races within the Bucks 5K Series. 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. Runners of all ages will enjoy the picturesque scenery of Doylestown with a finish line in War Memorial Stadium at Central Bucks West High School. There's only one way to finish this celebration: A Bucks County Strong finish! Turn race day into a whole family experience like none other as vendors and family fun events will be available as you embark on your run and feel the energy of family, friends and the community at large cheering you on!

We'd like to thank our Key Recognition sponsors, GMG Insurance and Penn Community Bank, all of 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, walkers and ruckers to enjoy the beauty and safety of your race. We thank your greatest fans in attendance who have traveled to support you and cheer you on. It is our promise to match their energy as you find and cross your finish line. And most importantly, we thank **you**.

We encourage you to read this Athlete Guide for schedules, maps and a complete race day guide. Additionally, we will keep all runners up to date with any new information on our YMCA Bucks County Strong 5K website at [www.ymcabhc.org/5k](http://www.ymcabhc.org/5k). Together, we look forward to seeing you finish the only way we know: a **Bucks County Strong** finish! celebrating your race at our finish.

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

Nicole Bandura  
Justin Grand  
Race Directors

# WHO WE ARE YMCA OF BUCKS AND HUNTERDON COUNTIES



## MISSION STATEMENT:

YMCA of Bucks and 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.ymcabhc.org/locations/doylestown-branch](http://www.ymcabhc.org/locations/doylestown-branch)

## YMCA Bucks County Strong 5K Sponsorship case for support

YMCA of Bucks and 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 and 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 in 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 ten free 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.

## Benefit of Sponsorship

Companies and individuals can support the YMCA Bucks County Strong 5K, be associated with a positive, family friendly brand, and have access to thousands of marketing impressions before race day, during the race and post the race. There are many levels to choose from and benefits include race day registrations, signage, press coverage and social media recognition. Review the attached corporate sponsorship package or find it online here: <https://bit.ly/3t2xMlr>.

Please join us this year by participating as a sponsor. If have any questions please contact:  
Director of Corporate Fundraising & Special Events Maggie Lester at [mlester@ymcabhc.org](mailto:mlester@ymcabhc.org).

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## REGISTRATION INFORMATION

**Register now at [bucks5Kseries.com](https://bucks5Kseries.com)**

**1 Mile Fun Run Price: \$15 (now through April 29, race week \$20)**

**5K Race Price: \$35 (now through April 29, race week \$40)**

Contact Nicole Bandura or Justin Grand for more information  
[nbandura@ymcabhc.org](mailto:nbandura@ymcabhc.org) | [jgrand@ymcabhc.org](mailto:jgrand@ymcabhc.org)



# EVENT SCHEDULE



	TIME	EVENT	LOCATION
FRIDAY, MAY 5	4 PM–7 PM	Packet Pickup	Doylestown YMCA, Welcome Center
	4 PM–7 PM	Walk-In Registration	Doylestown YMCA, Welcome Center
SATURDAY, MAY 6	7:30–8:30 AM	Same-Day Packet Pickup & Registration	Central Bucks West High School (CBW), War Memorial Field Parking
	8–11 AM	Stay & Play Childcare	Doylestown YMCA, Stay & Play Room
	8:30–9 AM	Kids 1 Mile Fun Run	CBW, War Memorial Stadium Track
	8:55 AM	National Anthem & Runners in Start Position	CBW, MacFarlane Lane
	9 AM	YMCA Bucks County Strong 5K START!	CBW, MacFarlane Lane
	9–11 AM	Finish Line Expo & Post Race Entertainment!	CBW, War Memorial Stadium Track
	9:40–10 AM	Cooldown Flow Yoga	CBW, War Memorial Stadium Track
	10–10:30 AM	Race Awards	CBW, War Memorial Stadium Track
	11:30 AM–Ongoing	Post Race Party	Villa Capri

## 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

**Villa Capri**  
51 W Court Street  
Doylestown, PA 18901



# PACKET PICKUP



## FRIDAY, MAY 5

4-7 PM

**Doylestown YMCA**  
2500 Lower State Road  
Doylestown, PA 18901

## SATURDAY, MAY 6

7:30-8:30 AM

**War Memorial Field**  
375 West Court Street  
Doylestown, PA 18901

**\*Friday Packet Pickup is highly encouraged to avoid delays and anticipated wait times for same-day Saturday Packet Pickup!**

- 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 DAY INFORMATION



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 15 as we help you prepare for your start, and celebrate your race journey.

## LIVE DJ



**Presented by DJ G Boogie, 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 8-11 AM.

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

## ENGAGING FUN FITNESS!

Join us on the War Memorial Field turf for your post-race Cooldown Flow Yoga.

## SPONSOR TABLES AND VENDORS

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

## AFTER PARTY AT VILLA CAPRI!

**START: 11:30 AM**

51 W. Court St, Doylestown, PA  
.07 miles from your finish line

## POST-RACE COOLDOWN FLOW with Holly!

**9:40-10 AM**

Finish line:  
Central Bucks West Track

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

## POST-RACE REFRESHMENTS

Compliments of our very generous  
Bucks 5K Series friends from

- **Planet Smoothie**
- **Bagel Barrel**
- **Cookie Lady**

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

**All runners who display their race bib on May 6 receive a free slice of pizza!**



# RACE SWAG!



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



**STRONG** is in our name and it takes 100+ volunteers to bring our YMCA Bucks County Strong 5K runners, walkers, and ruckers across the finish line.

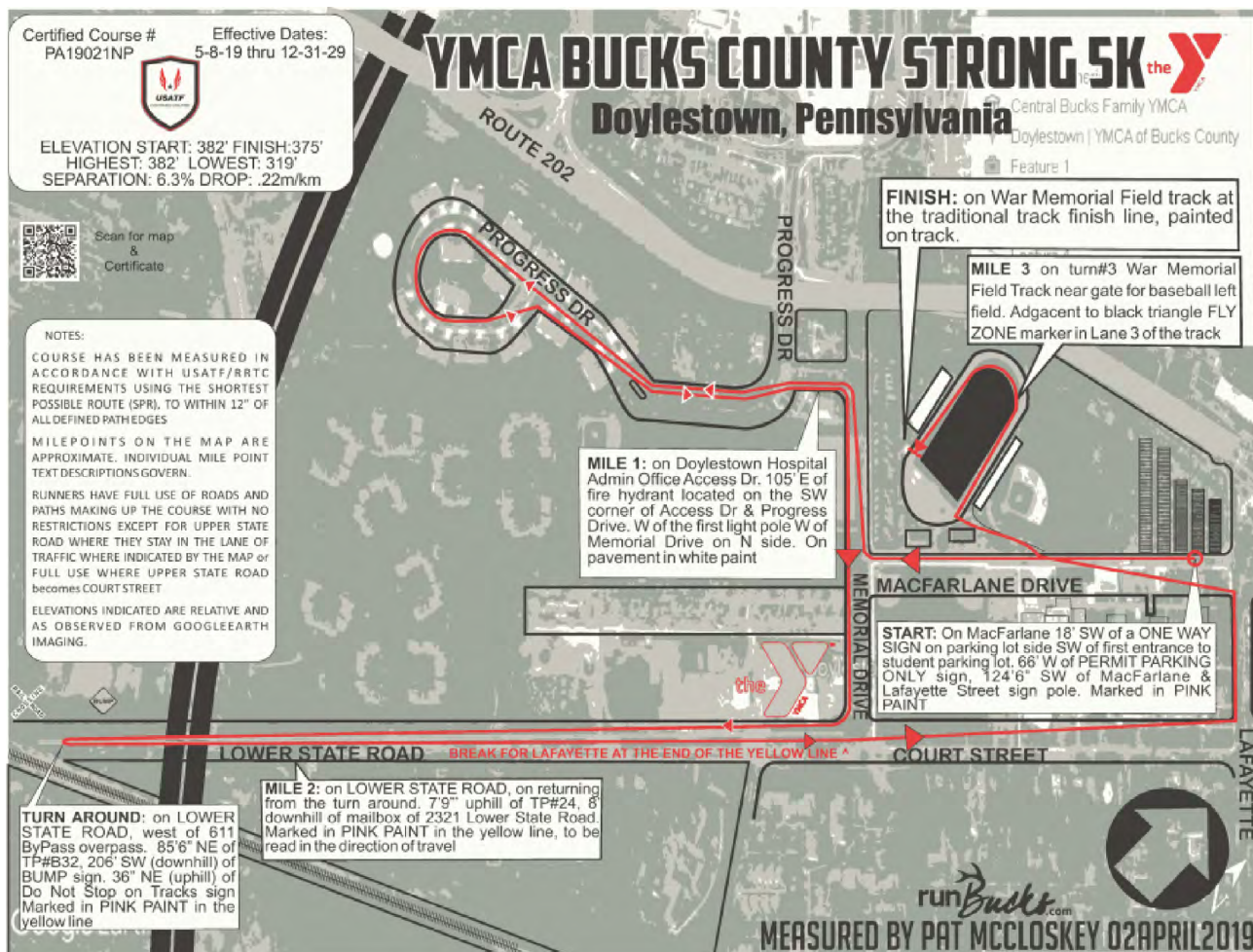
The wristband you receive in your Packet Pickup is a way for runners to say **THANK YOU** to a volunteer who makes a positive and lasting impact on their race experience and who exemplifies the YMCA's core values of **Caring, Honesty, Respect, and Responsibility.**



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](https://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

