



YMCA

BUCKS COUNTY STRONG



Athlete Guide
Saturday, May 11, 2024

WELCOME RUNNERS!



Dear Runners,

Welcome to the 2024 **YMCA BUCKS COUNTY STRONG 5K!**

You made it to race day, and what a beautiful Mother's Day Weekend it will be. May 11, 2024 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 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!

Justin Grand
RACE DIRECTOR



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.

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 \$5 million 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.

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REGISTRATION INFORMATION

Register now at bucks5kseries.com

1 Mile Fun Run Price: \$15 (now through May 4, race week \$20)

5K Race Price: \$35 (now through May 4, race week \$40)

Contact Justin Grand for more information:
jgrand@ymcabhc.org



EVENT SCHEDULE



	TIME	EVENT	LOCATION
MAY 10	4 PM-7 PM	Packet Pickup	Doylestown YMCA, Welcome Center
	4 PM-7 PM	Walk-In Registration	Doylestown YMCA, Welcome Center
SATURDAY, MAY 11	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 10

4-7 PM

Doylestown YMCA
2500 Lower State Road
Doylestown, PA 18901

SATURDAY, MAY 11

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

LIVE DJ ENTERTAINMENT, PRESENTED BY DJ BATDAN

What's a party without the music? Live DJ will bring the energy, set the rhythm and vibe, and help all runners complete their race!

POST-RACE REFRESHMENTS

Compliments of our very generous Bucks 5K Series friends from:

- Planet Smoothie
- Bagel Barrel
- Cookie Lady

MOTHER'S DAY FINISH SURPRISE!

All finishers will receive a Mother's Day Finish Line surprise commemorating Mom and this weekend's significance!

SPONSOR TABLES AND VENDORS

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

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!

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

AFTER PARTY AT VILLA CAPRI!

START: 11:30 AM

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

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 11 receive a free slice of pizza!



RACE SWAG!



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

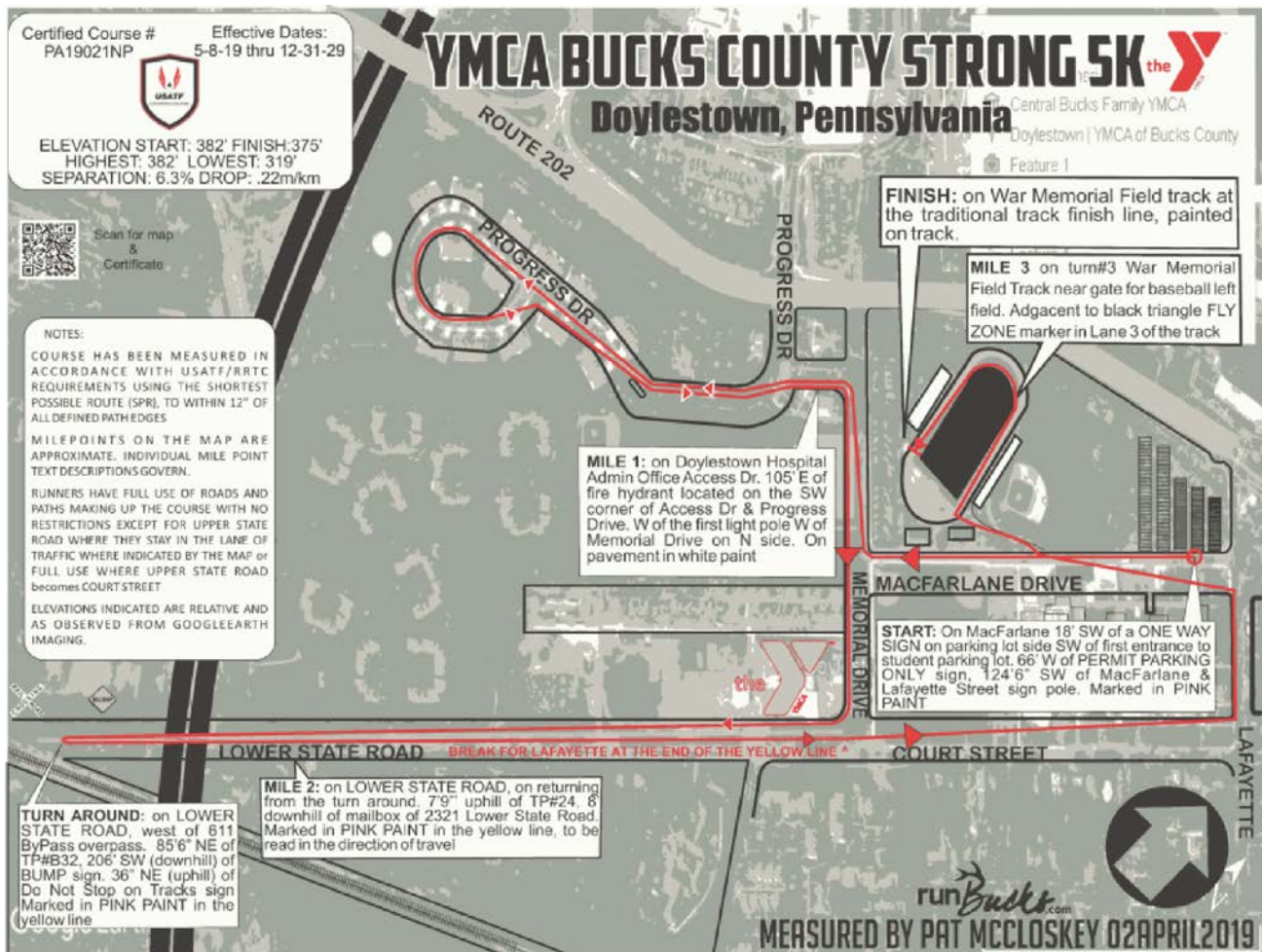


STRONG is in our name and it takes 100+ volunteers to bring our YMCA Bucks County Strong 5K runners, walkers, and ruckers across the finish line.

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, 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





2024 RACE SCHEDULE

Blaze of Glory 5K	March 23
Be Kind 5K	April 13
Bookin' for Lookin' 5K & 10K	April 21
YMCA Bucks County Strong 5K	May 11
Doylestown 5K Race	May 25
Break-Fast 5K & 10K	June 16

REGISTER ONLINE @ bucks5kseries.com





YMCA OF BUCKS AND HUNTERDON COUNTIES KIDS TRI

August 11, 2024 | Doylestown Branch

School age 6-14 yrs.	Swim	Bike	Run
Age 6-7	25 meter	1.75 miles	.5 miles
Age 8-9	50 meter	1.75 miles	.5 miles
Age 10-11	100 meter	3.5 mile	.75 miles
Age 12-13	150 meter	3.5 mile	.75 miles
Age 14-15 (NEW!)	150 meter	3.5 mile	.75 miles

WeeBees Accompanied by parent	Swim	Bike	Run
Age 3-5	12 meter	.25 miles	.12 miles

REGISTER BY AUG 5
+ Personalized Name Race Bib
(by July 28)
\$45
\$50 after Aug 5

REGISTER BY AUG 5
+ Personalized Name Race Bib
(by July 28)
\$25
\$50 after Aug 5

All participants receive **FREE** race gear and USA Triathlon Youth Membership!

For more information & registration, scan the QR code or visit ymcabhc.org/kids-tri



Contact Justin Grand for more information:
jgrand@ymcabhc.org