

2018 River City Ramble Details

Presented by Mayo Clinic Health System and the Red Wing Family YMCA



5K Run | 8 a.m.

- For ages 7+
- Only certified service animals allowed on the race course
- Jogging strollers welcome
- One water stop
- T-shirts available for purchase during registration, if registered before July 15
- Results & timing by Jesse Nelson and will be available online at redwingymca.org

5K Awards: Overall male and female winners, and the 1st, 2nd and 3rd place winner in each age division will receive a special gift.



2-Mile Walk | 8:30 a.m.

- Open to all ages & abilities
- T-shirts available for purchase during registration, if registered before July 15
- Results & timing by Jesse Nelson and will be available online at redwingymca.org

2-Mile Walk Awards: Overall male and female winners will be awarded.



Kids Fun Run | 9 a.m.

- FREE for ages 2-10
- Family and friends are welcome to run with small children
- Course is approximately 1K
- Free t-shirts for Kids Fun Run participants. Size selection available if you register your child before July 15. (T-shirt supply is limited & sizes are not guaranteed after July 15).
- Finishers receive a special gift

The Kids Fun Run provides youth with a positive experience while running/walking in a safe environment. Prepare for a fun, energizing warm up and cheer on our Little Ramblers.

REGISTRATION**	5K Run	2-Mile Walk	Kids Fun Run
Register before July 15 (Online or at YMCA)	\$20	\$20	FREE
July 16 – August 2 (Online or at YMCA)	\$25	\$25	FREE
Race Day Registration (6:30 to 7:30 a.m. at Central Park)	\$25	\$25	FREE

To learn more about health and training tips from experts visit mayoclinichealthsystem.org/ramble.

Early Packet Pick-Up: Friday, Aug. 3 from 11 a.m. to 6 p.m. at the Red Wing Family YMCA. Race day registrations will be accepted at early packet pick up.

Race Day Packet Pick-Up: Saturday, Aug. 4 from 6:30 to 7:30 a.m. at Central Park Bandshell.

Facilities: Showers and changing facilities available at the Red Wing Family YMCA. The pool and hot tub are also available after the races for participants. Bring a towel.

Music: Universal Music Center's students will be performing LIVE on the course to help you enjoy the race even more!

*Age Divisions: 15 & Under, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

** Proceeds benefit the Red Wing Family YMCA Youth Scholarship Program & YMCA Camp Pepin scholarship fund.