

Join Our Cause

For over 40 years, the Suburban North Family YMCA has been serving the Catasauqua community, especially our young people. From our humble beginning in a rented building to our current facility, the Suburban North Family YMCA has come a long way. Currently, our programs and services are offered at eight sites in the area.

Debbie Linton

Debbie Linton was a graduate of Catasauqua High School, class of 1984. Her many accomplishments included:

1984 PIAA "AA" State Champion in 300 M Hurdles (State Record)

1984 Colonial League and District XI "AA" Champion in 100M and 300M Hurdles, 100M Dash and 400M Relay

1983 Colonial League Champion in 200M Dash, 100M and 300M Hurdles

1983 District XI "AA" Champion in 100M and 300M Hurdles

1982 Colonial League Champion in 1600M Relay, 100M and 300M Hurdles

1982 District XI "AA" Champion in 400M Relay, 100M and 300M Hurdles

1981 Colonial League and District XI "AA" Champion in Low Hurdles

High School Track All-American 1984



Debbie is survived by her loving family.

Thank You

Our goal of this event is to remember and capture the energy of Debbie and others who fought a brave battle against cancer. Proceeds of the event will enable us to provide children in need in our service area with sponsorships to our YMCA, especially to our youth track program.

Race Course

As a tribute to Debbie, our scenic course will start and end at Alumni Field in Catasauqua. The challenging stretches of hills will encompass the beautiful boroughs of Catasauqua and North Catasauqua.

Registration

Pre Registration—\$20 (Up to October 1)

Kids ages 5 thru 10 Pre Registration—\$5

Registration Day Of —\$25

Please register early! T-shirts are not guaranteed after October 2nd.)

Start Times

9:00 am: Day of Registration Open

10:00 am: 5K

10:35 am: 1 Mile Walk/Kids Fun Run

Awards will be distributed at Alumni Field as soon as results from the 5K are complete

Celebration Picnic

Immediately following the 5K awards ceremony, join us at the YMCA for a post-race picnic.

Awards

The overall Male and Female winner will each receive a visa gift card.

Medals will be awarded to the top 3 in each age group:

| | |
|-------|-------|
| 11-14 | 40-49 |
| 15-19 | 50-59 |
| 20-29 | 60+ |
| 30-39 | |

Sponsorship Levels (see back of tri-fold)



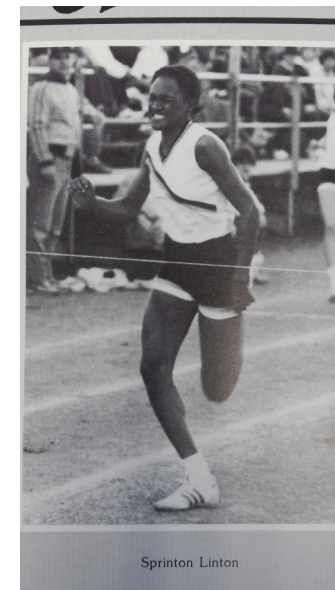
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEBBIE'S DASH: The Debbie Linton Memorial 5k

Saturday, October 13, 2018

10:00 am

Alumni Field, Catasauqua



GREATER VALLEY YMCA

SUBURBAN NORTH BRANCH

880 Walnut Street, Catasauqua, PA 18032

P 610-264-5221

F 610-264-5622

W gv-ymca.org

Debbie's Dash Registration 10/13/18

Circle one: Runner Walker Kids Run

Gender: Male Female

Age Day of Race: _____

Name _____

Address _____

Phone _____

Email _____

Date of Birth _____

Note: T-shirts guaranteed to all paid participants by 10/1/18

Adult T Shirt Size: S M L XL XXL

Youth T Shirt Size: S M L

Make checks payable to: Suburban North Family YMCA

Credit Card: MC Visa Disc AMEX

_____ CVV _____

Signature _____ Exp. Date _____

Amount Paid & Date _____

SEND COMPLETED FORM WITH PAYMENT TO:

SUBURBAN NORTH YMCA

880 WALNUT ST, CATASAUQUA PA 18032

Waiver: Please enter me or my child in the YMCA's Debbie's Dash. I acknowledge that participating in a race is a potentially dangerous activity and that one should not enter and run unless one is medically able and properly trained. I assume all risks associated with running including but not limited to falls, contact with other participants, the effects of the weather, conditions of the road, all such risks being known and appreciated by me. I agree to abide by any decision of the race official relative to my ability to safely complete the run. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I for myself or my child, my heirs and anyone entitled to act on my behalf waive, release and indemnify the Suburban North Family YMCA, Catasauqua Area School District, Catasauqua & North Catasauqua Police and Fire Departments, the Boroughs of Catasauqua and North Catasauqua, all race sponsors, borough personnel, all YMCA event volunteers and officials, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event. I understand and agree that the YMCA may use my or my child's picture for promotional and marketing materials.

Signature & Date _____
(Parent/Guardian must complete for anyone 18 years and younger)

Debbie's Dash Sponsorship Levels

Champion \$500.00 Your Banner displayed throughout the event, Your Name & Logo displayed at the watering station, in program booklet and on back of t-shirt.

Rough Rider \$300.00 Your Name & Logo displayed at the watering station, in program booklet, and on back of t-shirt.

Sprinter \$100.00 Your Name & Logo in program booklet and on back of t-shirt.

Sponsorship Levels Circle One:

Champion Rough Rider Sprinter

Name / Business to be Recognized for Sponsorship:

Address: _____

Phone: _____ Email: _____

Email logo jpeg and/or business card to
melissabrown@gv-ymca.org

Make checks payable to: Suburban North Family YMCA

Credit Card: MC Visa Disc AMEX

_____ CVV _____

Signature _____ Exp. Date _____

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SUBURBAN NORTH YMCA

880 WALNUT ST, CATASAUQUA PA 18032



Race Course

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The 1 Mile Walk/Kids Fun Run will be held at Alumni Field. Participants will walk four times around the track. Baby strollers are welcome in this event!

Debbie's Dash 5K Course Directions

Fairview Street to Peach Street (R)
Peach Street to St. John's Street (R)
St. John's Street to Church Street (L)
Church Street to American Street (R)
American Street to Pine Street (L)
Pine Street to 5th Street (R)
5th Street to Chapel Street (R)
Chapel to 6th Street (L)
6th Street to Grove Street (L)
Grove Street to Lincoln Street (R)
Lincoln Street to Willow Drive (R)
Willow Drive to Howertown Road (R)
Howertown Road to Chapel Street (L)
Chapel Street to American Street (R)
American Street to Walnut Street (L)
Walnut Street to High School Track (R)

