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2015|16

HIGHMARK QUAD GAMES

A community outreach program
of the YMCA of Greater Erie

www.highmarkquad.org

The Highmark QUAD Games are the region's premier fitness program with four (quad) year-round events designed to keep you and your family in great shape. For more than 40 years, the Highmark QUAD Games has offered this one-of-a-kind, fun and unique way for community members to have a greater hand in their health. The participation fee for the series is \$50 or \$20/event prior to April 1, 2015 or \$75 after April 1, 2015; day of event fee is \$25/event.



100-Yard Swim Meet

April 26, 2015 | 9 a.m. – First Heat
McComb Field House, Edinboro University
Highmark QUAD Kids 25- or 50-yard swim



12-Mile Bike Ride

July 11, 2015 | 9 a.m. – First Rider
Edinboro University
Highmark QUAD Kids half-mile or one-mile ride



5-Mile Run, Walk or 5K

Sept. 19, 2015 | 9 a.m.
Gibson Park, North East
Highmark QUAD Kids half-mile or one-mile run



5-Mile Ski Race or 2.5-Mile Snowshoe

Jan. 24, 2016 | 1 p.m.
Wilderness Lodge
Highmark QUAD Kids half-mile or one-mile race

REGISTER AT WWW.HIGHMARKQUAD.ORG

Participation Levels

Events are designed for participants of all levels. For those interested in testing their athletic skills, the Highmark QUAD offers a competitive level with timed results and event awards. For those looking for a fun way to stay healthy all year, the Healthy Lifestyle Category lists results alphabetically and encourages you to approach the Highmark QUAD and its four events as short-term fitness goals that bring variety and fun to your physical activity.

Training

The Highmark QUAD Games hosts a number of instructional and conditioning clinics in advance of each of the four events. In addition, medical professionals from Saint Vincent Hospital will be presenting several educational topics to help with preparation for the events. Visit www.highmarkquad.org for clinic and educational topic dates, times and locations.

Awards

While the Highmark QUAD Games have made a number of area athletes household names, thousands of others have learned to cross-country ski, swim, cycle and run. Whatever your approach, every participant that crosses all four finish lines is recognized for their year-long commitment to health and is presented with a special long-sleeve Highmark QUAD Champion Shirt. This shirt can't be purchased and recognizes the effort you've made during the four seasons of the Highmark QUAD Games.

Highmark QUAD Kids sponsored by Wegmans

It is especially fun to participate with your family and introduce your children to healthy lifestyle sports. Children 12 and under may participate in the adult distances or in a noncompetitive series of shorter distances held immediately following the adult event. The Y provides free babysitting while adults participate in their event. All children receive a t-shirt and those participating in the noncompetitive series receive a medal. The participation fee is \$25/series or \$10/event.

Registration

All participants (adults and children) must complete registration online at www.highmarkquad.org. Payment can be made through our secure online payment portal or your application can be printed and mailed with your check made payable to the YMCA of Greater Erie.

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