

Sponsored by



2016 / 17

HIGHMARK QUAD GAMES

A community outreach program
of the YMCA of Greater Erie

www.highmarkquad.org

Compete in One or All Four!

The Highmark QUAD Games is the region's premier year-round fitness program. Whether you choose to compete in the entire QUAD series or a single event, you are eligible for an age group award, an overall cash prize or the coveted title of the "Fastest in Erie County."



100-Yard Swim Meet

April 24, 2016 | 9 a.m. — Elite Heat
9:15 a.m. — First Heat

McComb Field House, Edinboro University
Highmark QUAD Kids 25- or 50-yard swim



12-Mile Bike Ride

July 9, 2016 | 9 a.m. — First Rider

Tennis Courts, Edinboro University
Highmark QUAD Kids half-mile or one-mile ride



5-Mile Run or 5K Run/Walk

September 17, 2016 | 9 a.m.

Gibson Park, North East, PA
Highmark QUAD Kids half-mile or one-mile run



5-Mile Ski Race or 2.5-Mile Snowshoe

January 15, 2017 | 1 p.m.

Wilderness Lodge, Wattsburg, PA
Highmark QUAD Kids half-mile or one-mile race

REGISTER AT WWW.HIGHMARKQUAD.ORG

Participation Fees:

QUAD series — \$50 or \$20/event prior to
April 18, 2016 or \$75 after April 18, 2016

Single event – \$25/event.

Training for All Fitness Levels

Events are designed for participants of all levels from the elite athlete to the casual participant. Instructional and conditioning clinics are offered prior to each event. Find details at highmarkquad.org.

Event Awards

Whether you compete in all four QUAD events or a single event, you are eligible for age group awards and overall cash prizes. New in 2016, we'll be crowning the Fastest in Erie County for each event. Additional prizes will be awarded to the male and female winners of this title.

Awards Banquet

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 who 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. An awards banquet is held every March and is free to all QUAD participants.

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.

Corporate Team Challenge

Corporations in the area have made this the centerpiece of their employee's wellness program, using the events to promote team building and making healthy lifestyle choices. The winning team earns bragging rights and the honor of having their company name engraved on the coveted trophy. Corporate team discounts are available for teams of 5+.

Registration

All participants (adults and children) must complete registration and payment online at highmarkquad.org.

REGISTER AT WWW.HIGHMARKQUAD.ORG

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