



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEY KIDS! LET'S MOVE & HAVE FUN

HIGHMARK QUAD KIDS sponsored by Wegmans Four-event, year-round fitness program just for kids!

We've put together a one of a kind Highmark QUAD experience for younger kids - shorter distances, a QUAD Kids t-shirt, a medal for completing individual events and a Champion t-shirt awarded to those that finish all four events. 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.

QUAD Kids is held on the same day of the regular QUAD events, but later in the day to allow parents to participate separately. QUAD Kids includes a 25 or 50 yard swim, ½ or 1-mile bike, ½ or 1 mile run, and a ½ or 1 mile ski.

For questions or more information contact Curt Cardman, 838-2133, email cardmans@roadrunner.com or visit www.highmarkquad.org. The Highmark QUAD is a community outreach program of the YMCA of Greater Erie.

REGISTRATION FORM – *Parent/Guardian must be present at event and may be expected to volunteer if necessary.*

Parent/Guardian Name _____

Child's Name _____

Street Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Male Female Age as of 4/1/2015 _____ T-shirt size: (indicate youth or adult size) _____

Please select: Adult Distances QUAD Kids Distances

Registration Fee: \$25/Season or \$10/Event. Send registration form, check or money order payable to:
Highmark/YMCA QUAD Games, PO Box 6322, Erie, PA 16512

