



As Pennsylvania's leading health insurer, Highmark Blue Cross Blue Shield is committed to providing access to affordable, quality health care enabling individuals to live longer, healthier lives.

Caring for the community is an integral part of Highmark's strategy to build stronger, healthier places for people to call home. Through sponsorships like the Highmark QUAD Games, Highmark supports community-based programs that work to improve people's health.

All proceeds from the Highmark QUAD Games benefit the YMCA of Greater Erie's We Build People Campaign. A mission-based, nonprofit organization, the Y believes that no one should ever be denied services because of inability to pay. Money raised by events like the Highmark QUAD Games provides membership and child care services for families in financial need..

"My husband and I have been participating in the Highmark QUAD Games for at least the past 21 years. During the last three years, we've been able to share the experience with our son and he gets to see first hand how a healthy lifestyle and friendly competition is good for the soul. We enjoy the family-friendly atmosphere and companionship that goes with the Highmark QUAD Games.

-Lydia Maring, Highmark QUAD Games participant



The Highmark QUAD Games are also sponsored by:



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http://www.markbowenstudio.com

www.highmarkquad.org

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Sponsored by:



2014-2015

www.highmarkquad.org

**A Community Outreach program of
the YMCA of Greater Erie.**

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YMCA of Greater Erie
31 West 10th Street
Erie, PA 16501





Join us for the 32nd Annual Highmark QUAD Games!

Since they began in 1983, the Highmark QUAD Games have been the region's premier fitness program with four year-round events designed to keep you and your family in great shape. For more than 30 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.

Events are designed for participants of all levels. For those interested in testing their athletic skills, the Highmark QUAD offers a competitor level with timed results and event awards. For those looking for a fun way to stay healthy all year, the Healthy Lifestyle Category lists all 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.

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 yearlong commitment to health and is presented with a special long-sleeve Highmark QUAD Champion Shirt. This shirt can't be purchased and is a prestigious reward for the effort you've made during the four seasons of Highmark QUAD Games..

Announcing Highmark QUAD Kids sponsored by Wegmans

The Highmark QUAD Games are a great event for the whole family and even young children can now get in on the fun. QUAD Kids is a noncompetitive series of shorter distances for your child. QUAD Kids events are held the day of the regular QUAD events, but later in the day to allow the parents to participate separately and still watch your QUAD Kid compete. The Y even provides free babysitting while adults participate in their event.

All younger participants will receive a QUAD Kids T-shirt and a medal for completing their event. QUAD Kids is a great way to introduce children to the fun of physical activity. Go to www.highmarkquad.org for an application and additional details.

Fun for the whole family

It is especially fun to participate with your family and introduce your children to healthy life sports. The Highmark QUAD offers a rare chance to participate with your kids in swimming, biking, running and winter sporting events. To further encourage your family, all children 12 & under get a free entry (and T-shirt) when accompanied by an adult. The excitement, anticipation and fun of the events make for lively conversation around the dinner table and family memories that last a lifetime.

Get in the Games!

REGISTER ONLINE! It's fast, safe, secure and there's no extra fee. Go to www.bigwhitetrailer.com and click on the Highmark QUAD button. You can also register by mailing the enclosed application or downloading an application from www.highmarkquad.org.

100-Yard Swim Meet

April 27, 9 a.m. (first heat)
McComb Fieldhouse, Edinboro University
Highmark QUAD Kids 25- or 50-yard swim

12-Mile Bike Ride

July 12, 9 a.m. (first rider)
Edinboro University
Highmark QUAD Kids half-mile or one-mile ride

5-Mile Run (Or Walk) or 5K Run

September 6, 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*

January 11, 2015, 1 p.m.
Peek 'n Peak Upper Golf Course
Highmark QUAD Kids half-mile or one-mile race

* Non-competitive participants only



GET STARTED!

Swim clinics, running programs, bike, ski tips and more can be found by visiting www.highmarkquad.org.

Highmark QUAD 2014/15 Application

You can enter online by visiting www.bigwhitetrailer.com. It's fast, safe and secure and there's no charge for online registration.

Name: _____

Male Female Age as of 4/1/14: _____ Date of Birth: _____

Street Address: _____ City: _____

State: _____ Zip: _____ E-mail: _____

T-shirt Size: S M L XL XXL Phone: _____

Category: Competitor (results posted in order of time) Healthy Lifestyle Participant (results posted alphabetically)

Corporate Team (must be full-time or regular part-time employee) _____

Community/Club Team (noncompetitive, but we'll list your organization next to your name in the standings) _____

All Four Events:

- \$40 prior to 4/1/2014
- \$50 after 4/1/2014
- \$0 Free for children 12 and under when accompanied by an adult*

Please select either the 5K run or 5-mile run

- 5K run 5-mile run

* 12 and under participants must complete a separate application.

NOTE: Free entry for children 12 and under is for regular QUAD events and does NOT include Highmark QUAD kids.

Disclosure: Before taking part in physical activity, it is advisable to see your doctor and have a complete physical examination. In consideration of the entrant being permitted to enter and participate in these events, the undersigned hereby releases and discharges the organizers, sponsors, Commonwealth of Pennsylvania, municipalities in which the events are conducted and any sponsors, agents, servants, representatives, employees, successors, affiliates and assignees from all claims, demands, actions, damages, judgments and executions which the undersigned, their heirs, executors, administrators, representatives or assigns might have now or in the future for any harm, injury, damage or occurrence, whether foreseen or unforeseen that might arise from or be related to the entrant's participation in these events and the entrant specifically assumes all risks in connection with this event. The undersigned also agrees to release rights to allow the use of photographs or videos in which they appear.

Signature of entrant: _____ Date: _____

Single Event:

- \$20 more than five days prior to event
- \$25 less than five days prior/day of event
- ski swim bike 5K run 5-mile run

Payment

Enclose check or money order payable to:
Highmark/YMCA QUAD Games

Please return application and fee to:
Highmark QUAD
P.O. Box 6322
Erie, PA 16512-6322