

Route Information

Run Start at

LEDFORD SENIOR HIGH SCHOOL

- From Ledford Senior High School, run North on John Green Road
- Turn RIGHT on Shady Grove Church Road
- Look for the u-turn before circle drive at Shady Grove United Methodist Church
- Turn LEFT on Shady Grove Church Road
- Turn LEFT on John Green Road
- End in front of Ledford Senior High School

Transition/Bike Start at

LEDFORD SENIOR HIGH SCHOOL

- From Ledford Senior High School, turn left on John Green Road
- Turn LEFT on Friendship Ledford Road
- Turn RIGHT on Old Greensboro Road
- Turn RIGHT on Yokley Road
- Turn RIGHT on Ridge Road
- Turn RIGHT on Midway School Road
- Turn LEFT on Norman Shoaf Road
- Turn RIGHT on Gum Tree Road
- Turn RIGHT on Friendship Ledford Road
- Turn LEFT on John Green Road
- End at LEDFORD SENIOR HIGH SCHOOL

**Event Address:
Ledford Senior High School
140 Jesse Green Rd.
Thomasville, NC 27360**

Terry's Challenge Terry's Challenge

Terry's Challenge is an annual event commemorating the life of Terry Page, a long time staff person of the YMCA of Greater High Point. Before coming to Central Family YMCA in April of 1998 as Senior Program Director, Terry worked evenings and weekends as a group exercise instructor and building supervisor. Terry also served many years as the Assistant Director of Residential Services with the Guilford County Mental Illness Treatment Center working with troubled teens. In 1998, Terry began planning a fitness challenge for our members. After his death in 1999, YMCA volunteers and staff created the Terry's Challenge Duathlon in his memory.

**Hartley Drive
Family YMCA**

**Terry's Challenge
Duathlon & 5K Run**

ledford High School



YHEALTH & FITNESS
We build strong kids, strong families, strong communities.

Hartley Drive Family YMCA
150 West Hartley Drive
High Point, NC 27265

336-869-0151

www.hpymca.org

Hartley Drive Family YMCA

Saturday, August 16, 2008

Terry's Challenge



**40 K
BIKE
5K RUN**

2008

**Terry's Challenge
Steering Committee Meeting
Friday, May 9
8 a.m. in the fitness Center
Please join us!**

Notes from

Reviewed

- Ask in
- Ask p
- find \$
- Get sp

Course:

- Same
- Ledfo
- Race
- Moto
- Sheri

Food & D

- Holt t
- Coke
- Botto
- Food
- Harri
- Wenc
- McDe

Awards:

Committe
phies

Goodie B

Publicity:

- Twin
- Triad
- Runn
- Bike
- Runn

Volunteer

Shirts:

- Tech
- Tye-d

Next mee

from 4-11-08 meeting:

review preliminary budget

ask instructors to find \$100 sponsor

ask program committee members to

find \$100 sponsor

get sponsorship letter ready

use:

same as past years

Bedford confirmed to host

race permit received

Motorcycle support w/Davidson Co.

Sheriff confirmed

& Drinks:

Holt to ask J & S about subs

Smoke (George)

Bottom Dollar (Kara)

Wood Lion (Kara)

Marris Teeter (Holt)

Wendy's (Kara)

McDonald's (Holt)

Items:

committee decided on medals and tro-

phy Bags: get stuff

City:

Twin City Track Club (Kathy)

Triad Tri Team (Kathy)

Summer's World (Kara)

Bike Shops (all)

Running stores (all)

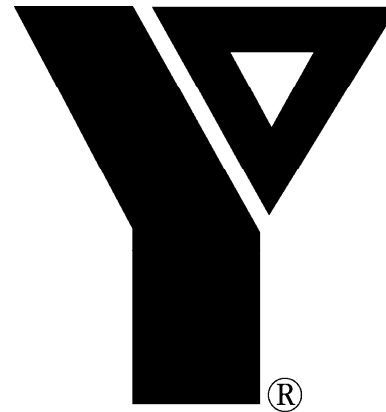
Volunteers

Items:

tech shirt?

eye-died tanks?

meeting Friday, May 9



**Hartley Drive family
YMCA**

**Terry's Challenge
Duathlon & 5K Run**

**ledford High School
August 16, 2008**

Terry's C

Terry's Challenge

YMCA of Greater

Director, Terry w

also served many

Treatment Cente

In 1998, Terry b

and staff created

Proceeds from T

care, and swim l

Bronze Level: \$1

Silver Level: \$2

Gold Level: \$3

Please contact Ka

*YMCA mission: To put Christian principles
into practice through programs that build
healthy spirit, mind, and body for all.*

Challenge 2008

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enter working with troubled teens.

ry began planning a fitness challenge for our members. After his death in 1999, YMCA volunteers
ted the Terry's Challenge Duathlon in his memory.

m Terry's Challenge provide scholarships for youth memberships, summer day camp, after school
m lessons for less fortunate children in our community.

: \$100 small logo or name on participant shirts

\$250 medium logo on participant shirts

\$750 large logo on participant shirts

t Kara W. Loggins, Health & Fitness Director, for sponsorship information at 336-859-0151.



YMCA

We build strong kids,
strong families, strong communities.

Terry's Challenge Duathlon

Saturday, August 16, 2008
Ledford High School

Schedule of Events:

7:00-7:45 a.m. Race-Day Registration
8:00 a.m. Start of Duathlon & 5K Run
9:30 a.m. Awards Ceremony

Entry Fees:

\$30 Duathlon Individual
\$50 Duathlon Team
\$20 5K Run Individual

Late Fees: (after Sunday, August 10, 2008)

\$5 Individual
\$10 Team

Packet Pick-up:

- Friday, August 15 from 6 p.m. to 8 p.m. at Hartley Drive Family YMCA
- Saturday, August 16 from 7 a.m. to 7:45 a.m. at Ledford High School

T-shirts:

The first 175 participants registered will receive a t-shirt on or before race day.

Please note: No one under the age of 14 is allowed to ride in the bicycle segment of this event without parent or guardian. Interested persons under 14 may form the running half of a duathlon team if the cycling member is 14 or older. The YMCA does not carry participant insurance for members or program participants. It is anticipated that all individuals will carry their own medical insurance.

REGISTRATION

Registration is limited to the first 300 entrants. Please register as soon as possible.

ENTRY CLOSING

All participants must register by 7:45 a.m. on Saturday, August 16.

DUATHLON INFORMATION

5 K Run/40 K Bike Event

Participants complete a 5K (3.1 miles) run and a 40 K bike loop. The event begins and ends at Ledford Senior High School and takes participants over some of Davidson County's most scenic roads.

AGE CATEGORIES

12-14	15-19	20-24
25-29	30-34	35-39
40-44	45-49	50-54
55-59	60-64	65-69
70 and over		

CLYDESDALE & ATHENA DIVISIONS

Clydesdale = males over 200 pounds
Athena = females over 150 pounds

TEAM ENTRIES:

- Female-Female
- Female-Male
- Male-Male

If entering as a team, a signed entry form must be submitted by each person. Make check or money order payable to YMCA. Entries must be received by Sunday, August 10, 2008.

PLEASE NOTE:

DRAFTING IS NOT ALLOWED AND WILL RESULT IN TIME PENALTIES OR DISQUALIFICATION. HELMETS ARE REQUIRED ON THE BIKE COURSE.

Terry's Challenge 2008

Registration

Name _____

Address _____

E-mail address _____

Phone number (_____) _____

Age on Race Day _____ Date of Birth _____

Sex _____

T-shirt Size: Medium

Large

X-Large

XX-Large

I am entering: Individual Duathlon

Athena (*females 150 pounds +*)

Clydesdale (*males 200 pounds +*)

Team Duathlon

Female-Female

Female-Male

Male-Male

Partners name:

required for team registration)

Individual 5K

"In consideration of being permitted to utilize the facilities, services and programs of the YMCA for any purpose including, but not limited to, observation or use of the facilities or equipment, or participation in any off-site programs affiliated with the YMCA, the undersigned for himself, herself and any personal representatives, executors and administrators, WAIVE, RELEASE, DISCHARGE AND COVENANT NOT TO SUE the High Point YMCA, their directors, officers, employers and their agents for any and all injuries and other damages which he/she may suffer in connection with his/her participation in the program or any other activities."

Signature _____

(Signature of Parent or Guardian if under age 18)

5K RUN INFORMATION

5 K Run

Participants complete a 5K (3.1 miles) run along with Duathlon participants. The event begins and ends at Ledford Senior High School. The out-and-back course is fairly flat with a few slight hills. There is a water station at the turn-around point.

AWARD CATEGORIES

Female Overall 1st, 2nd, 3rd

Male Overall 1st, 2nd, 3rd

QUESTIONS

Please contact Kara Loggins at 869-0151 or kloggins@hpymca.org.

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150 West Hartley Drive
High Point, NC 27265