

“Buddy Up” to Lighten Up Race Against Racism April 28, 2012



*Are you an inexperienced runner or walker?
Yes! Grab an experienced runner/walker
and run with us to finish your first 5k!*

1. Sign up for the race at: www.ywcalancaster.org
2. Join our team: *Buddy Up: Lighten Up Lancaster*
3. Use password: buddyup to join the team

“Buddy Up” team participants also receive:

- A free “Buddy Up” **goodie bag** and t-shirt while supplies last
- Free **nutritional** and **training tips**, sent out via email 8 weeks before race day
- A chance to win a **\$100 gift card** to Sports Authority®
- **Secure storage** for your belongings on race day



For more info, call (717) 544-3878