

# Apex Extreme

Achieve Persevere Excel X-Factor

5K and 10K Extreme Race  
at Miracle Mountain Ranch



**The Race Starts**  
October 20th at 10:00 a.m.

**There are two races:**  
The 5K, and the 10k.

**The obstacles include:**  
Walls, Tunnels,  
Military Crawls,  
Cavalletti Jumps, Water,  
and MORE!

**Early Registration discount ends**  
September 20th.

**Prices vary.**  
**See back for details.**

Find more information at: <http://mmrm.org/apex-extreme-race/>



# Apex Extreme

The Apex Extreme is run by the YMCA of Corry and hosted by Miracle Mountain Ranch.

The race starts on October 20th at 10:00 a.m. Race day registration goes from 8:00 - 9:30 a.m. We will be starting in waves. There will be two races: one is a 5k and the other a 10k. The 5k will have 6 or more obstacles while the 10k has 12 or more obstacles.

Registration online starts June 30th. If we receive your registration on or before September 20th, the prices for the races are \$35 for the 5k and \$45 for the 10k. After September 20th, the prices are \$50 for the 5k and \$70 for the 10k.

The free dinner will be provided by Miracle Mountain Ranch. They will be accepting donations for the meal. Showers are provided for the racers as well. There is also overnight lodging at Miracle Mountain Ranch. Please contact Miracle Mountain Ranch to make reservations and to receive more information about their offers.

Contacts:

**Miracle Mountain Ranch:**

Phone - (814) 664-7673

Website - [www.miraclemountainranch.org](http://www.miraclemountainranch.org)

**YMCA:**

Phone - (814) 664-7757

Website - [www.ymca-corry.org](http://www.ymca-corry.org)

**Donnie Rosie:**

Email - [Dgrosie3@gmail.com](mailto:Dgrosie3@gmail.com)

**Lisa Cox:**

Email - [lisa\\_ymca@hotmail.com](mailto:lisa_ymca@hotmail.com)

## Stick around for the Harvest Party!

There will be hay rides, pony rides, a hotdog and hamburger dinner, a Message from the

Mount by Matt Cox, a pie baking contest, an

auction, a cider-press demo,

and harvest games!

## Registration Form

Name of Racer: \_\_\_\_\_ Gender: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ Age at time of race: \_\_\_

Parent or Guardian's name (If under 21): \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

E-mail: \_\_\_\_\_

Phone Number: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

Emergency Number: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

Pick a Race: \_\_ 5K Walk/Run \_\_ Trail Run Race

Shirt Size: \_\_ small \_\_ medium \_\_ large \_\_ xlarge \_\_ xxlarge

WAIVER: I know that running a road race is potentially hazardous. I certify that I have trained sufficiently for this event. I agree to abide by any decisions of race officials relative to my ability to safely complete the run or walk. I assume all risks associated with this event, including, but not limited to: falls, contact with others, traffic, and the conditions of the road; all such risks being known and appreciated by me in consideration of the acceptance of this entry. I do hereby for myself, my heirs, executors and administrators, waive and release and discharge from all claims and liabilities of any kind arising from my participation in this event, Miracle Mountain Ranch Missions, and any and all service organizations, sponsors and volunteers connected with the operation and running of this event.

I agree to the above waiver  I do not agree

101 Rodeo Dr.  
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