



## CentraCare Wishbone City Wide Run

We are excited to host the 10<sup>th</sup> Annual CentraCare Wishbone Run! With thousands registered, the St. Cloud Area Family YMCA and Bernick's Family Fitness Series are proud to host this event and continue to focus on family health and wellness on this wonderful holiday.

As part of the City Wide Run, there will be plenty of course options laid out for you to choose from that suits you best. We do of course encourage you to stop by the YMCA course. The original YMCA will be fully marked and laid out as our main course for the day. We will have 4 other out and back courses laid out throughout Central MN. Of course, you also have the option to create your very own route! All options are laid out below. First, please review these 10 points to help you have a safe, fun, and successful run this Thanksgiving

1. Choose what course you will do. Make sure you prepare a quick plan to make things a bit smoother. Be sure to save the route on your cell phone.
2. Rally your crew! Make sure you get everyone off the couch or out of bed! Trust me, no one EVER regrets getting out for a bit of exercise for the Wishbone Run, nor does anyone regret letting the kiddos burn off some energy. It makes that second piece of pie well worth it ;)
3. Pay attention to COVID restrictions and BE SMART ABOUT IT. We suggest to have a buff/mask with you incase there are others out at the start line/finish line. With these courses being outdoors, there shouldn't be problems, but still, please be smart about this!
4. THESE ARE OPEN ROUTES! These are not designated 5K races with volunteers. These are self serve marked routes you may use at your convenience. There will not be volunteers out on these courses directing. You and you alone are responsible to make sure you and your family are obeying traffic and pedestrian laws and being safe out there. Some of the routes have crosswalks. If running with kids, make sure there is an adult present with them, especially if near roads. Please view your maps ahead of time and be prepared. If some would like to do the 1K, and others the 5K, we suggest a compromise of walking/running the 2 mile course, or splitting up (again, please have an adult running with the kids).
5. SAFETY GEAR! Yes, of course wear these awesome Wishbone 2020 Shirts! We do highly recommend bright colors to accompany it, such as a bright orange/green hat or safety vest. That's just best practice on open courses ☺
6. GIFT CARDS AND GIVEAWAYS?! Yes, we have thousands of dollars of giftcards and gear to giveaway! Make sure everyone in your crew are wearing your favorite wishbone shirts or turkey costumes and be sure to get some photos! Simply post them and use the the hashtag #wishbone2020 . It's a photo you will want to post anyways, hey might as well win some gear too! We will be giving

away a handful of \$100 SCHEELS giftcards, Earth Day Run hats, and Zulu Audio Running headphones. Just include the hashtag!

7. OTHER WAYS TO WIN GEAR?! We will also have a link to turn in your time and or race route! We want to hear from you this day, so be sure to do this! We will select a pile of winners to receive \$100 giftcards, headphones, etc. Everyone will have an option, and it only takes a second to turn in. Thanks for taking part in this!

8. Run anytime! These courses will be open ALL DAY! Maybe you prefer to rally at 6am to get it done, or maybe you would like to do the 2 mile walk just after a big lunch? Your call! Either way, make it happen! Be sure to post about it with #wishbone2020

9. The YMCA Course will be our main route. Please stop by and check out the well marked course for this route. We will have plenty of signage and of course our sponsors and turkeys to take photos by. Don't forget, always use #wishbone2020 while taking photos! You can win some great stuff ☺

10. Prefer to do your own course?! That's ok! Feel free to use an app such as mapmyrun or runkeeper, or simply your smart watch, to track your own course, wherever you want! You can choose this 100% virtual route. Please be sure to turn in your time via the link. You will receive a link to turn in your time that day. More info will be on the racer briefing email.

**See course options below**

## Course # 1

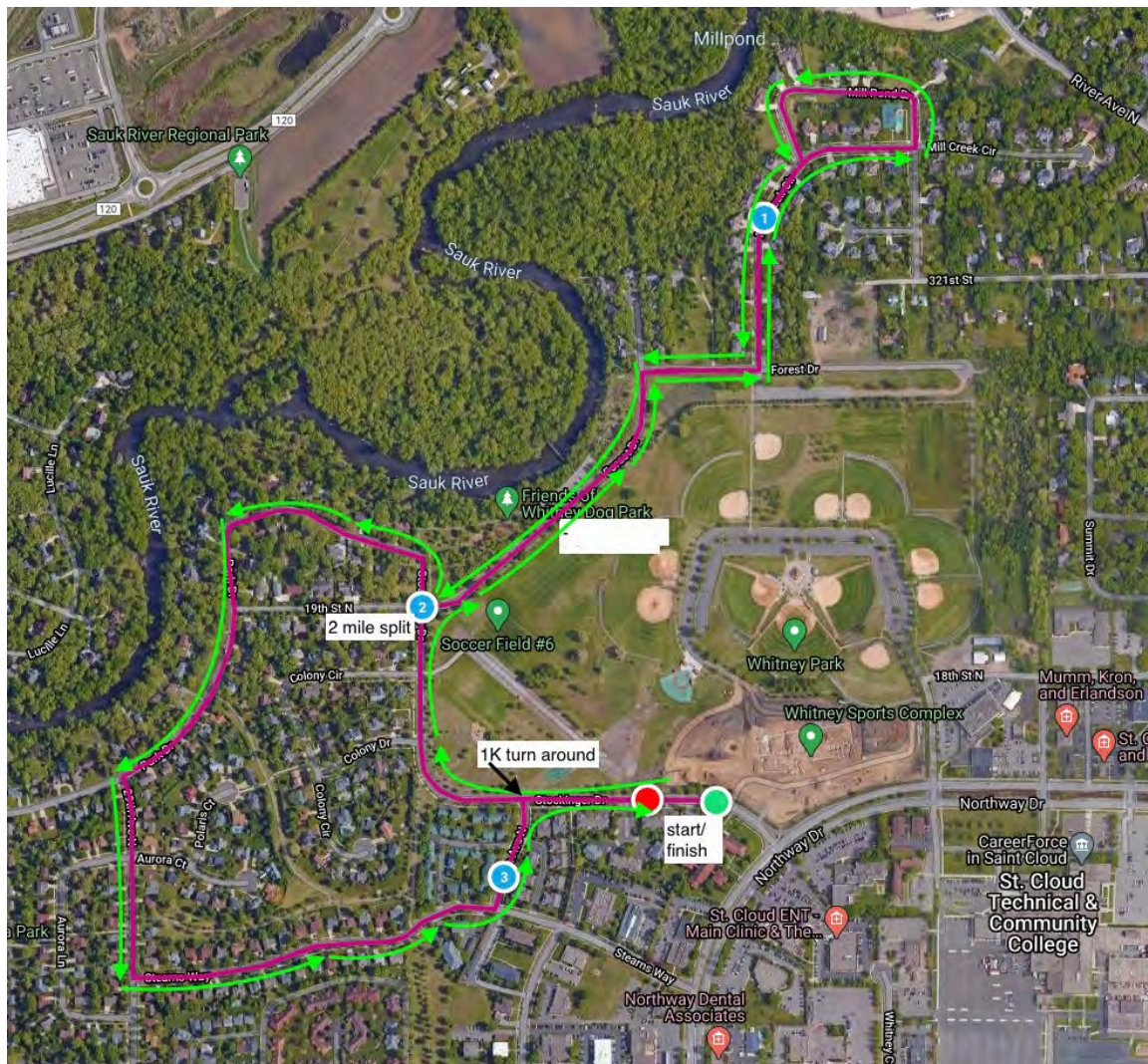
### ST. Cloud YMCA Main course

Course will be open all day! Run anytime from sun up to sun down.

This will be the main event course. This course will be heavily marked with excess info to assist with your race. Please use side of road and obey ALL traffic laws while running. This will be the only marked course that is NOT an out and back. Simply follow all signage to make sure you get through course. El Jay Kids 1K, 2 Mile and 5 Mile included. There is a 5k and 2 Mile split along the course. Please see signage and follow signs to choose your route.

Parking available at YMCA lot.

2001 Stockinger Drive, St. Cloud MN 56303



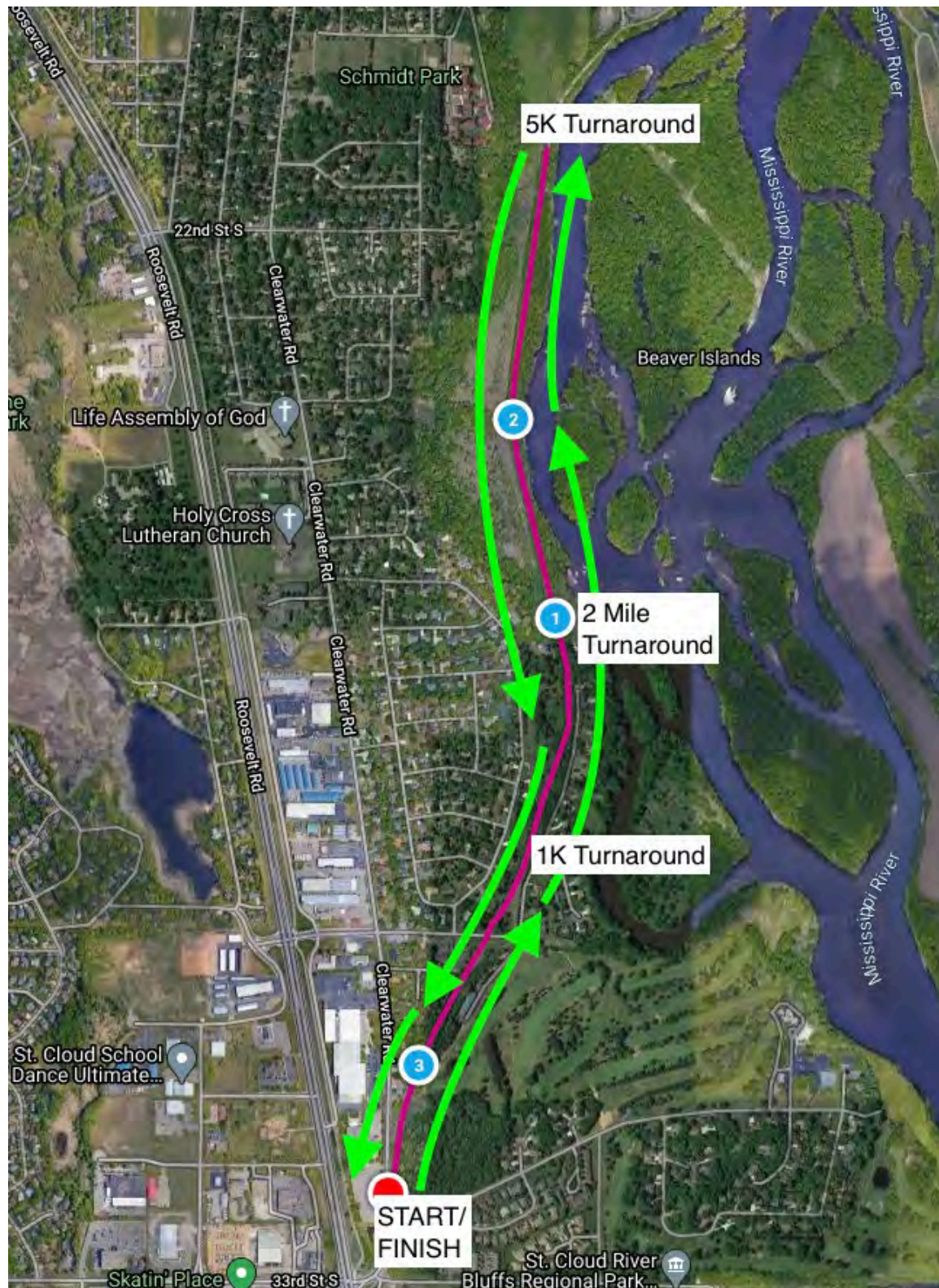


## Course #2

### Beaver Island Out and Back course

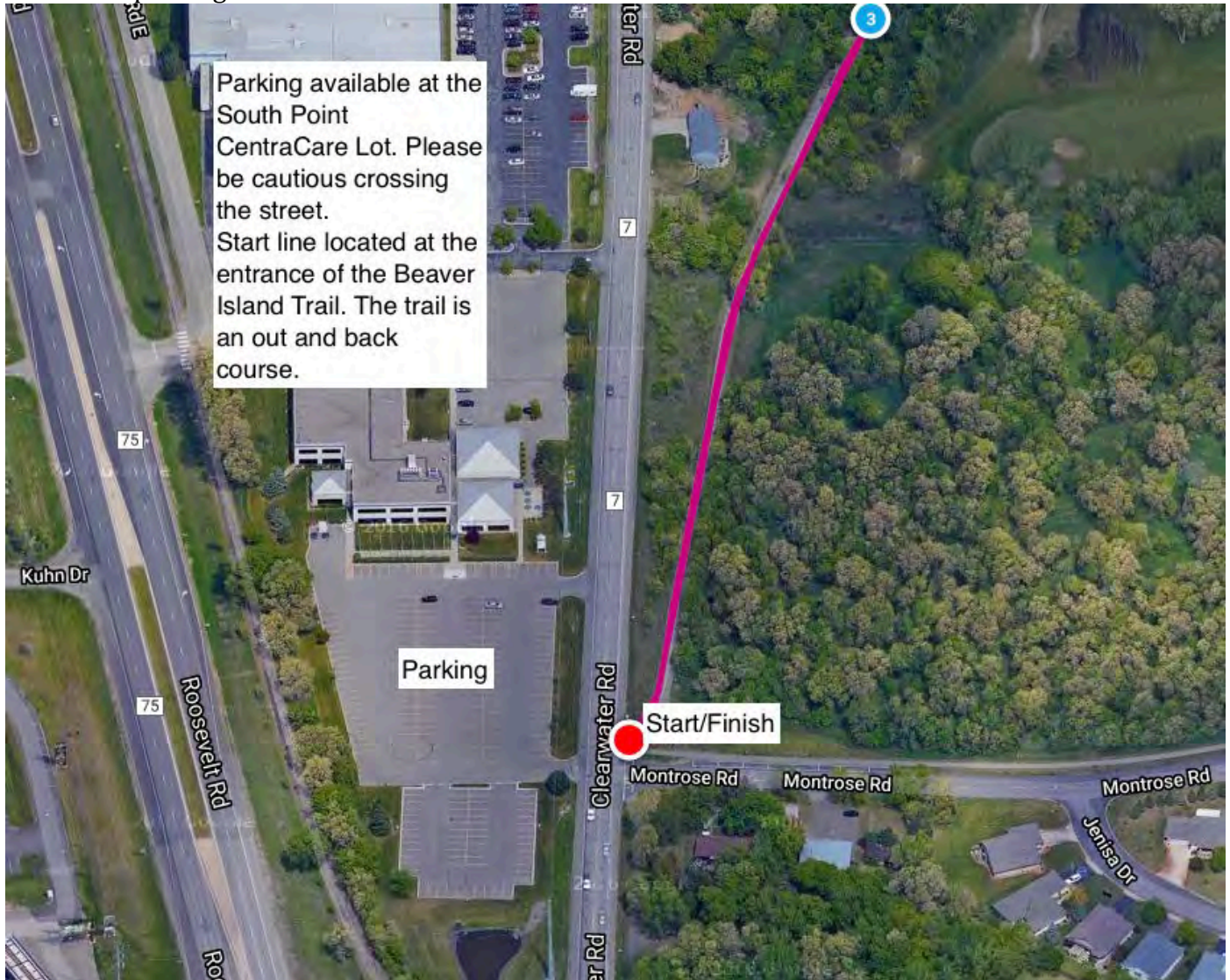
-Open all thanksgiving day-

Parking available at South Point CentraCare  
3001 Clearwater Road, St. Cloud MN 56301





## Course #2 parking





Course #3  
South Side St. Cloud/Athlos Academy Course

-Open all Thanksgiving Day-  
Parking available at Athlos Academy  
3701 33rd St S, St. Cloud MN 56301



course #3 parking map

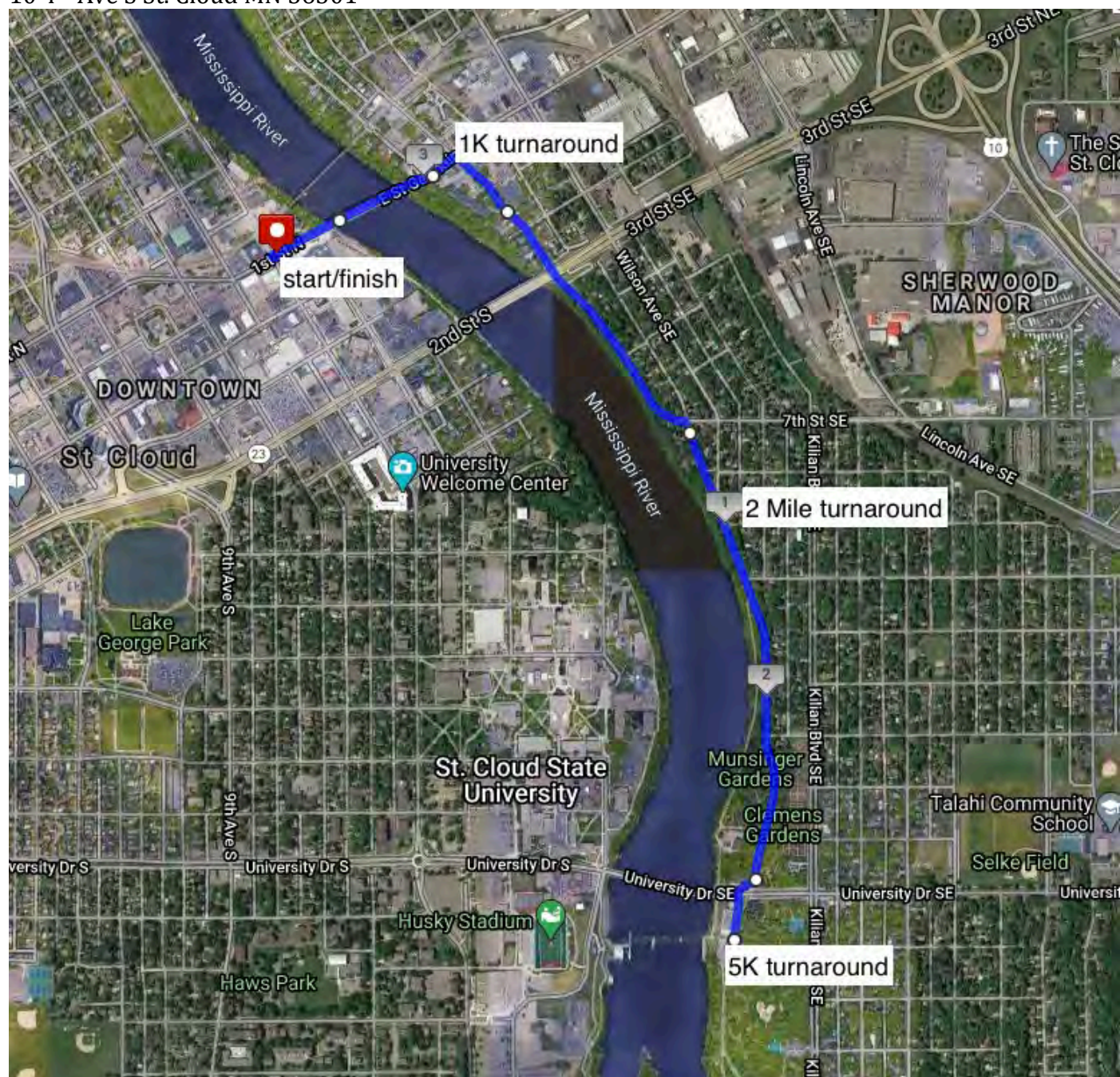




## Course #4

Downtown/Munsinger Garden course

Parking available at Rivers Edge Convention Center Lot  
10 4<sup>th</sup> Ave S St. Cloud MN 56301





## Course #4 Parking map





Course #5  
Sartell Coborn's Course

Parking available at Sartell Coborn's  
1725 Pinecone Road, Sartell MN





## Course #5 parking map

