

REGISTRATION FORM



Sunday • September 11, 2011

1 mile Fun Run/Walk • 9:00am • 5K Run • 9:15am • *Rain or Shine*

Certified 5K Course:

Mostly flat on paved roads, out past the Frederick Airport, with a dynamic, exciting finish in front of the Fairgrounds Grandstand. Water will be available along the course. *Race management by the YMCA & Frederick Steeplechasers.*

1 Mile Fun Run/ Walk:

On paved roads and at the Fairgrounds, passing the Carnival Midway and Dairy Barns, finishing in front of the Fairgrounds Grandstand.

Entry Fee: Race fee is \$20.00 (\$25.00 with T-shirt if received by 9/5/11) **Late registration is on race day at Husky Park from 7:45-8:45 am; Late Race fee is \$25. No T-shirts available after 9/5/11.** Send completed entry form and check or money order to the YMCA of Frederick County, 1000 North Market St., Frederick, MD 21701. Make checks payable to YMCA of Frederick County. Registration also available online at active.com. **Children 10 and under are FREE.**

Each participant will receive one complimentary general admission ticket to the fair. Proceeds benefit YMCA Youth programs. Please contact Rebecca Comstock at 301.663.5131 ext. 1244 with questions.

PACKET PICKUP AND LATE REGISTRATION:

Packet Pickup and late registration on race day from 7:45-8:45 am at Husky Park.

Awards: 5K - Trophies to top 3 overall Male/Female finisher's, top Male/Female Masters. Medals given to 1st place finishers in each age group. Male/Female: 10 and under; 11-14; 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. No duplicate awards. Participation medals to all children 10 and under.

Refreshments: Food and drinks after the race at the grand stand. Water will be available at the halfway point and the finish line.

Directions: Follow signs to Frederick Fairgrounds, located on East Patrick Street (Rt. 144). Husky Park is on Highland Street, directly behind the fairgrounds.

Important Notice: Absolutely no pets, headsets, race strollers, roller/in-line skates, skateboards or bicycles allowed on race course (Strollers and headsets are allowed in the 1 Mile Fun Run/Walk).

For more information or to volunteer: **Contact the YMCA at 301.663.5131, ext. 1244.**

The YMCA 16th Annual Frederick Fair 5K Run / 1 Mile Run/Walk

Entry Fee: Race fee is \$20.00 (\$25.00 with T-shirt if received by Monday, September 5) - Late registration is on race day from 7:45-8:45 am at Husky Park; Late Race fee is \$25. No T-shirts available after 9/5/11. Make checks or money order payable to: YMCA of Frederick County. Send completed entry form and payment to: YMCA of Frederick County-5K Run 1000 North Market St., Frederick, MD 21701

Amount enclosed: \$ _____ 5K 1 Mile Fun Run/Walk T-Shirt Size YM YL M L XL Male Female Birth Date _____

Name: _____
(last, First)

Address: _____

City: _____ State: _____ Zip: _____ - _____

Phone: _____ - _____ - _____

Email: _____

Signature: _____ Date: _____
(parent or guardian, if under 18)

Liability Waiver: I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the YMCA of Frederick County, Frederick County, the City of Frederick, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photograph, motion pictures, recordings, or any other record of this event for legitimate purposes.

Proceeds benefit **YMCA Youth Programs**



Mail to:
YMCA of Frederick County - 5K Race
1000 North Market Street
Frederick, MD 21701



YMCA of Frederick County
1000 North Market Street
Frederick, MD 21701
www.frederickymca.org

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