



# registration form

## Saturday • September 12, 2009

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 \$15.00 if received by Wed., September 9. **Late registration is on Fri., September 11 from 4:00-7:00pm at the YMCA or race day from 7:45-8:45 am; Late Race fee is \$20.** 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. **One complimentary general admission ticket to the fair and a quality, T-Shirt with logo to the first 250 registered runners.** Proceeds benefit YMCA of Frederick County Youth programs. Please contact Rebecca Comstock at 301.663.5131 ext. 1244 with questions. Registration also online at [www.active.com](http://www.active.com).

### PACKET PICKUP AND LATE REGISTRATION:

Packet Pickup and late registration at the YMCA Friday, September 11 from 4:00-7:00pm or race day from 7:45-8:45 am at Huskey Park.

**Awards:** 5K - Plaques to top 3 overall Male/Female finisher's, top Male/Female Masters. Medals given to top 3 age group finishers. 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. Commemorative medals to all children who finish the 5K and ribbons to all children who finish the 1 mile.

**Refreshments:** Food and drinks after the race at Husky Park. 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. All volunteers receive a complimentary general admission ticket to the fair and a chance for random awards.

## 13th Annual Great Frederick Fair/YMCA 5K Run & 1 Mile Fun Run/Walk

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Amount enclosed: \$ \_\_\_\_\_  5K  1 Mile Fun Run/Walk T-Shirt Size  YM  YL  M  L  XL  Male  Female Age on Race Day \_\_\_\_\_

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 for 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 the **YMCA of Frederick County Youth Programs**

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

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**PAID**  
FREDERICK, MD  
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**YMCA of Frederick County**  
1000 North Market Street  
Frederick, MD 21701  
[www.frederickymca.org](http://www.frederickymca.org)

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