CORTLAND YMCA/CRSC RACE SERIES

THE FIDELIS 6-PACK

REGISTER EARLY!! LAST YEAR WE HAD 479 RUNNERS!! OUR GOAL IS 500 THIS YEAR

- 1 point = For **Entering** Race
- 5 points = **Fastest Time** – male and female (not eligible for age group points)
- 3 points = **First** place each age group – male and female
- 2 points = **Second** place each age group – male and female
- 1 point = **Third** place each age group – male and female
- For every 10 runners per age group, additional first, second and third place points will be added.
- **For example:** 25 runners in any age group would allow 3-firsts(top 3), 3-seconds, 3-thirds, for **POINTS ONLY!**

Bonus: Enter All 6 Races and Get 3 Extra Points!!!

Turkey Trot – *Thursday*, November 26, at 9 a.m.

- **Start: in front of Cortland YMCA @ 22 Tompkins St., Cortland, NY**
- **Fun, Fitness, and Fill your plates on Thanksgiving Day because you ran in the Annual Turkey Trot!**
- **Prizes include Turkeys, Pies, and Breads.**
- **Proceeds from this race support the Cortland YMCA and The Salvation Army and the many programs and services they provide for the people of Cortland County.**
- **Special thanks to Fidelis 5K race sponsors: Fidelis Care, Contento's Demolition, Royal Auto Group, Cortland Regional Medical Center, DLH Properties, Graph-Tex, Geared 2 Sports, Schwan's, Borg Warner, Plan First Technologies, the Cortland Regional Sports Council, and the Cortland YMCA.**
- **The 5K race begins at 9AM and the 1 mile Fun Run begins at 9:05AM.**
- **The first 100 pre-registered racers will receive a Long Sleeved commemorative T Shirt !!!**

Check www.cortlandymca.org or www.cortlandsports.org NEW!!! Chip Timing!!!

Check the race(s) you are registering for. **Please be sure to also check the event!**

☐ Turkey Trot 5K Run- November 26, 2009- 9_{AM} ❍ **5K RUN*** ❍ **5K Walk*** ❍ **1 Mile** *Fun Run*

**Official 6 pack race distances for points*

Enclose Early Registration Fee for *EACH* race entered! Make checks Payable to "Cortland YMCA." Thank you!

All Events	
❒ $15- Early Registration	❒ $20 - Race Day Registration
❒ $10- Early Reg. (under 14)	❒ $15 - Race Day Reg. (under 14)

* Free T-shirts will be given away to the first 100 registrants! Extra race shirts may be purchased for $12 each.

Last Name _____ **First** _____

Address _____ **Sex** ____ **(M or F)**

City _____ **State** ____ **Zip** _____ **Age Race Day** ____

Phone _____ **T Shirt Size** **Adult Sizes:** ❒ S ❒ M ❒ L ❒ XL **DOB** ___ / ___ / ____

E Mail _____

In consideration of acceptance of this entry, I, the undersigned, intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Cortland YMCA and other sponsors of this event, their representatives and successors for any/all injuries suffered by me in this event. I attest and verify that I am physically fit and have trained sufficiently for this event and my physical condition has been verified by a licensed medical doctor. Further I herby grant full permission for the use of any photographs, videotapes, pictures, recording or any other record of this event for legitimate purpose.

Signature: _____ **Date:** _____

Signature of Parent/Guardian (if under age of 18): _____