



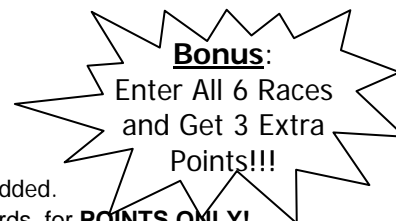
CORTLAND YMCA/CRSC RACE SERIES

THE FIDELIS 6-PACK



The Fidelis 6 pack series: POINTS SYSTEM Max points per race = 6 (39 per series)

- 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-second, 3-thirds, for **POINTS ONLY!**



NEXT – Downtown 5K Run – July 19 – Begin and end in Downtown Cortland at the YMCA (plenty of parking) on Tompkins Street. It is an invigorating 5K road run around the residential and commercial areas of downtown Cortland. Check out www.mapmyride.com for the route. This is the third race in the Fidelis series and all proceeds will benefit youth activities at the Cortland YMCA. Awards and prizes will be held on the steps of the YMCA immediately after the race. Call the YMCA at 607-756-2893 or -

Check www.cortlandymca.org or www.cortlandsports.org for race details and results.

*******NOW CHIP TIMED!*******

Check the race(s) you are registering for.

Please be sure to also check the event!

- | | | | |
|---|-------------------------------|-----------------------------------|--|
| <input type="checkbox"/> Downtown 5K Run- July 19, 2009 - 9 ^{AM} | <input type="radio"/> 5K RUN* | <input type="checkbox"/> 5K Walk* | |
| <input type="checkbox"/> Celtic 5K Run- August 23, 2009- 9 ^{AM} | <input type="radio"/> 5K RUN* | <input type="checkbox"/> 5K Walk* | |
| <input type="checkbox"/> Pumpkin 5K Run- October 3, 2009 - 9 ^{AM} | <input type="radio"/> 5K RUN* | <input type="checkbox"/> 5K Walk* | <input type="checkbox"/> 1 Mile ^{Fun Run} |
| <input type="checkbox"/> Turkey Trot 5K Run- November 26, 2009- 9 ^{AM} | <input type="radio"/> 5K RUN* | <input type="checkbox"/> 5K Walk* | <input type="checkbox"/> 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!

--Cortland County Family YMCA, 22 Tompkins Street, Cortland, NY 13045--

All Events	
Check One:	<input type="checkbox"/> \$15- Early Registration <input type="checkbox"/> \$20 - Race Day Registration <input type="checkbox"/> \$12- Early Reg. (under 13) <input type="checkbox"/> \$15 - Race Day Reg. (under 13)



* Free T-shirts will be given away to the first 75 registrants. Extra race shirts or 6 pack shirts may be purchased for \$12 each.

Last Name																First							
Address																					Sex	<input type="checkbox"/>	(M or F)
City											State	<input type="text"/>	Zip				Age Race Day	<input type="text"/>					
Phone						T Shirt Size	Adult Sizes: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> 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 hereby 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): _____