



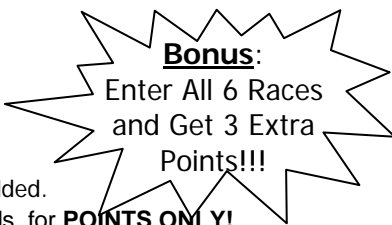
CORTLAND YMCA/CRSC RACE SERIES

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 – Celtic 5K Run – August 29th This is the fourth race in the Fidelis 6-Pack Series. This course begins and ends at the Cortland Courthouse Park on Church Street by the fountain. It's a very flat course through Cortland's East End. Race starts at 9AM. Money raised goes to Cortland YMCA programs. Feel free to wear your kilts! Awards and prizes will be given 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.**

Check the race(s) you are registering for.

Please be sure to also check the event!

- | | | | |
|---|---------------------------------|--------------------------------|---|
| <input type="checkbox"/> Celtic 5K Run- August 29, 2010- 9 ^{AM} | <input type="radio"/> 5K RUN* ▲ | <input type="radio"/> 5K Walk* | |
| <input type="checkbox"/> Pumpkin 5K Run- October 2, 2010 - 9 ^{AM} | <input type="radio"/> 5K RUN* ▲ | <input type="radio"/> 5K Walk* | |
| <input type="checkbox"/> Turkey Trot 5K Run- November 25, 2010- 9 ^{AM} | <input type="radio"/> 5K RUN* ▲ | <input type="radio"/> 5K Walk* | ▲ <input type="radio"/> 1 Mile ^{Fun} Run |
- *Official 6 pack race distances for points*

Enclose Registration Fee for **EACH** race entered! Checks payable to "Cortland YMCA."
 22 Tompkins Street, Cortland, NY 13045 ymca@cortlandymca.org (607)756-2893

All Events	
Check One: <input type="checkbox"/> \$17- 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 100 registrants. Extra race shirts may be purchased for \$12 each.

Last Name	<input type="text"/>	First	<input type="text"/>
Address	<input type="text"/>		
City	State	Zip	Age Race Day
Phone	T Shirt Size	Adult Sizes: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	DOB <input type="text"/> / <input type="text"/> / <input type="text"/>
E Mail	<input type="text"/>		

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): _____