



CORTLAND YMCA/CRSC RACE SERIES

THE FIDELIS 6-PACK



Spring Run April 22, 2012:

Join the Y and Fidelis for the Inaugural Spring Run 5K.

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

---Register NOW for all 6 races for the upcoming season!---

Check the race(s) you are registering for:

- | | | | |
|--------------------------|---------------------|-----------------|------|
| <input type="checkbox"/> | Spring 5K Run | April 22, 2012 | 9AM |
| <input type="checkbox"/> | Mother Day 5K Run | May 13, 2012 | 9AM |
| <input type="checkbox"/> | Father's Day 5K Run | June 17, 2012 | 9AM |
| <input type="checkbox"/> | Cortland Chiro 5K | Sept. 16, 2012 | 9AM |
| <input type="checkbox"/> | Pumpkin 5K Run | October 6, 2012 | 9 AM |
| <input type="checkbox"/> | Turkey Trot 5K Run | Nov. 22, 2012 | 9AM |

Proceeds Benefit

- | |
|----------------------------------|
| YMCA Scholarships/Youth Programs |
| Kim Ryan Leonard Scholarship |
| Lime Hollow Nature Center/YMCA |
| YMCA Youth Programs |
| Loaves and Fishes |
| Salvation Army/YMCA |



**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**

Pricing (single race) - Check One:	
<input type="checkbox"/> <u>Pre-Registration</u>	<input type="checkbox"/> <u>Race-Day Registration</u>
<input type="checkbox"/> \$17- Registration	<input type="checkbox"/> \$20- Registration
<input type="checkbox"/> \$12- Youth Reg. (13 and under)	<input type="checkbox"/> \$15- Youth Reg. (13 and under)
<input type="checkbox"/> Borg Warner Employee	
<input type="checkbox"/> \$95 Entire 6-Pack Series! Save \$\$\$ and register for all races at once!	
<input type="checkbox"/> \$65 Entire 6-Pack (13 and under)	



* Complimentary T-shirts will be given to the first 100 registrants.*

Last Name																First															
Address																										Sex	<input type="checkbox"/>	(M or F)			
City																State	<input type="checkbox"/>	<input type="checkbox"/>	Zip						Age Race Day	<input type="checkbox"/>					
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): _____