



CORTLAND YMCA/CRSC RACE SERIES

THE FIDELIS 5K SERIES



Spring Run April 22, 2012:

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

\$1 from each registration will be donated to the Susan G. Komen Foundation

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

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



FIDELIS CARE

GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED

Check the race(s) you are registering for:

- Spring 5K Run Sunday, April 22, 2012 9AM
- Mother's Day 5K Run Sunday, May 13, 2012 9AM
- Father's Day 5K Run Sunday, June 17, 2012 9AM
- Cortland Chiro 5K Sunday, Sept. 16, 2012 9AM
- Pumpkin 5K Run Saturday, Oct. 6, 2012 9AM
- Turkey Trot 5K Run Thursday, Nov. 22, 2012 9AM

\$95
FOR ALL 6
RACES

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:

Pre-Registration

- \$17- Registration
- \$12- Youth Reg. (13 and under)
- \$95 Entire 6-Pack Series!
- \$65 Entire 6-Pack (13 and under)

Race-Day Registration

- \$20- Registration
 - \$15- Youth Reg. (13 and under)
- BORG WARNER EMPLOYEE _____

ENTER ME IN FIDELIS POINTS-CHECK HERE _____

******* PLEASE SEE BACK FOR FIDELIS POINTS RULES!!! *******

Register two weeks prior to race to receive T-shirt

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

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