



THE FIDELIS 6-PACK

CORTLAND YMCA/CRSC RACE SERIES



Fidelis Care has sponsored our 5K race series for the past three years and we are grateful for their continued support. Please support them whenever possible. Visit their website at www.fideliscare.org for more information.

Check www.cortlandymca.org or www.cortlandsports.org for **Race Details and Results**

First Race:

8th Annual Mother's Day Run (at [Yaman Park, Cortland](#))

100% of the proceeds support the Kim Ryan-Leonard Scholarship Fund. ****Free 1 mile fun run at 8:45****

Check the race(s) that you are registering for:

RACE	DATE	TIME	PROCEEDS BENEFIT
<input type="checkbox"/> Mother's Day 5K	May 9, 2010	9 ^{AM}	Scholarship Fund for Kim Ryan-Leonard
<input type="checkbox"/> Father's Day 5K	June 20, 2010	9 ^{AM}	Ted Hoffman Memorial & Lime Hollow Nature Center
<input type="checkbox"/> Downtown 5K	July 18, 2010	9 ^{AM}	YMCA Youth Programs and Scholarships
<input type="checkbox"/> Celtic 5K	August 22, 2010	9 ^{AM}	YMCA Youth Programs and Scholarships
<input type="checkbox"/> Pumpkin 5K	October 2, 2010	9 ^{AM}	Loaves and Fishes
<input type="checkbox"/> Turkey Trot 5K	November 25, 2010	9 ^{AM}	Salvation Army

BONUS: Register for all six races and receive 3 extra points toward your 'Points-Total!'

Pricing - Check One:

<input type="checkbox"/> Pre-Registration	<input type="checkbox"/> Race-Day Registration
<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)



Enclose Registration Fee for EACH race entered! Checks payable to "Cortland YMCA."
22 Tompkins Street, Cortland, NY 13045 • ymca@cortlandymca.org

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