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

Bonus: Enter All 6 Races and Get 3 Extra Points!!!

Father's Day Run – June 21, 2009 – Begin and end at the Lime Hollow Nature Center Visitor's Center on McLean Road. A beautiful 5K trail run through the pristine habitat of Lime Hollow. This is the second race in the Fidelis series and all proceeds benefit both the Cortland YMCA and the Lime Hollow Nature Center.

Call the YMCA at 607-756-2893 for information. Sign up NOW for remaining 5 races!

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!**

☐	Father's Day 5K Run-	June 21, 2009-	9AM	❍ 5K RUN*	❍ 5K Walk	❍ 1 Mile Fun Run
☐	Downtown 5K Run-	July 19, 2009 -	9AM	❍ 5K RUN*	❍ 5K Walk	❍ 1 Mile Fun Run
☐	Celtic 5K Run-	August 23, 2009-	9AM	❍ 5K RUN*	❍ 5K Walk	❍ 1 Mile Fun Run
☐	Pumpkin 5K Run-	October 3, 2009 -	9AM	❍ 5K RUN*	❍ 5K Run	❍ 1 Mile Fun Run
☐	Turkey Trot 5K Run-	November 26, 2009-	9AM	❍ 5K RUN*	❍ 5K Walk	❍ 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--

Check One:

All Events

- ❒ **$15- Early Registration**
- ❒ **$12- Early Reg. (13&under)**
- ❒ **$20 - Race Day Registration**
- ❒ **$15 - Race Day Reg. (13&under)**

FIDELIS CARE

United Way

* 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** ____ **(M or F)**

City _____ **State** ____ **Zip** _____ **Age Race Day** ____

Phone _____ **T Shirt Size** **Adult Sizes:** ❒ S ❒ M ❒ L ❒ 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 herby 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): _____