



THE FIDELIS 6-PACK

CORTLAND YMCA/CRSC RACE SERIES



FIDELIS CARE

Fidelis Care has sponsored our 5K race series for the past Four 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**

TURKEY TROT -THANKSGIVING MORNING, November 24th! Final Race in the Fidelis Six-Pack Series. This race is our traditional route, starting and finishing at the YMCA winding through the SUNY Cortland Campus. Proceeds from this race support the YMCA and Salvation Army. Prizes to include: Turkeys, Pies and Breads. T-Shirts to every paid registrant until 11/14/11!

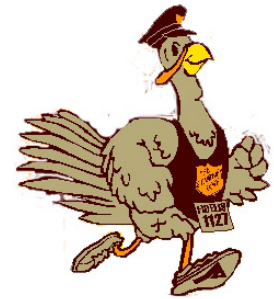
Check the race(s) that you are registering for:

<u>RACE</u>	<u>DATE</u>	<u>TIME</u>	<u>PROCEEDS BENEFIT</u>
<input type="checkbox"/> Turkey Trot 5K	November 24, 2011	9 ^{AM}	YMCA and Salvation Army

PLEASE BRING A NON-PERISHABLE FOOD ITEM TO SUPPORT THE FOOD PANTRY AT THE SALVATION ARMY

Pricing - Check One:

<u>Pre-Registration</u>	<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 Division



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): _____