

Frederick Alliance for Youth's Frosty 5K and Mile Fun Run

**Saturday, December 18, 2010
Hillcrest Elementary School,
Frederick, MD**



Frederick Alliance for Youth is hosting their 1st Annual 5K (3.1 mile) race and Mile Fun Run. This event is aimed to raise money for Frederick Alliance for Youth (FAY), a local non-profit agency that promotes and supports positive change in the Hillcrest and Waverly communities.

Join us for a morning filled with fun, family, and friends!

Time: Mile Fun Run start 9:00am
Frosty 5K race start 9:30am

Start/Finish Location: Hillcrest Elementary School, 1285 Hillcrest Drive, Frederick, MD 21703. (*From Rte. 15 take the Route 40 West Exit. Follow Rte. 40/Baltimore National Pike to the Hillcrest Drive intersection and turn Left. School will be on your right*).

Packet Pickup/Registration: Registration begins at 8:00am for all pre-registered participants as well as those who would like to register on race day.

Entry Fees: Frosty 5K - \$20; Mile Fun Run - \$10. Also, sponsor one of our students from Frederick Alliance for Youth for only \$10 and give them the opportunity to run in the Mile Fun Run!

Registration: Go to www.frederickallianceforyouth.org for an entry form. Fill out and return to Frederick Alliance for Youth, 1150 Orchard Terrace, Frederick, MD 21703.

To Volunteer or for More Information Contact: Maikki Nekton at 301-696-0911 or mnekton@gmail.com.



5K Giveaways: All pre-registrants of the 5K will be given a Frosty 5K Commemorative scarf or beanie hat. No guarantee of giveaways for race-day registrants. *Exchanges of giveaways will be completed after the race if additional are available.*

Mile Fun Run Giveaways: All participants of the Mile Fun Run will receive a commemorative award for participation.

Awards Ceremony and Celebration: Awards will be given to the top three overall finishers as well as the first three in each age group (under 14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+) both male and female. No duplication of prizes. Post race refreshments will be provided.

Corporate Sponsorships: To make this a successful event we need the support of our community. Various levels of sponsorship are available to promote your company's business. Please request information from mnekton@gmail.com.

A special thank you to the following:



****PLEASE PRINT AND COMPLETE ALL INFORMATION BEFORE RETURNING****

Entry Form
FAY's Frosty 5K and Mile Fun Run
December 18, 2010

Name: _____

Address: _____

City: _____ **State:** _____ **Zip Code:** _____

Phone #: _____

Email: _____

Race Day Information:

Age: _____ **Sex (circle one):** **Male** **Female**

I will be participating in the following (please check one):

Frosty 5K **(\$20)** **Mile Fun Run (\$10)**

If Frosty 5K please choose **ONE** of the following:

Commemorative Scarf **Commemorative "beanie" hat**

I would like to sponsor a student of Frederick Alliance for Youth so he/she can have the opportunity to run in the Mile Fun Run! (add \$10)

Total Amount Enclosed: \$ _____

*Make checks payable to Frederick Alliance for Youth. Mail to: Frederick Alliance for Youth, Attn: Frosty 5K, 1150 Orchard Terrace, Frederick, MD 21703

WAIVER: In consideration of the right granted to me to participate in FAY's Frosty 5K and Mile Fun Run on December 18, 2010, I hereby waive all claims and damages against the Frederick Alliance for Youth and any other sponsors and organizers arising from my participation or any injury I might suffer in this event. I attest that I am physically fit and prepared for this event. I understand that rollerblades, bikes, strollers, skateboards, etc. are not allowed. **Runners must sign below.**

Runner's Signature: _____ **Date:** _____

Parent/Guardian (for minors under age 18): _____ **Date:** _____
