

The Headless Horseman 5K Run/Walk & 1K Fun Run

Saturday, October 30, 2010

Sponsored by the Frederick High School Girls Cross Country team, the event will raise money for the program.
Come dressed in your best Halloween Costume! (Optional)



Check in and Start at the Frederick High School Track

Beginning at 2:30PM, 1K Fun Run Start: 3:30PM, 5K Start: 4:00PM

More Information

- _ **ENTRY FEE:** \$20 per Entrant for the 5K event; Postmarked by October 20
- _ After October 20 and on Race Day, \$25 per entrant late Registration
- _ \$10 per Entrant for the 1K event (no shirts for the 1k race)
- _ Pre-Register: www.active.com
- _ Checks made payable to: **Frederick High School** (your fee is tax deductible)
- _ Mailing Address: Headless Horseman 5K, 618 Taney Ave., Frederick, Md. 21702
- _ For more information call: Frank Strakosky at (301) 698-0958 or strako@comcast.net

Race Premium

- _ First 200 entrants in the 5K will receive an event t-shirt featuring the logo above.

Course

- _ Accurate, flat, and fast on FHS roads and Baker Park bike paths. Course has been certified!
- _ The race begins and finishes on the Frederick High School Track!

PRIZES

1st, 2nd, and 3rd Place Finishers for the 5K event in following groups:

Men's and Women's Open, 13-U, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and up

Awards for the best costumes: (5K) Scariest, Most Creative, Best Group (3 or more)

(1K) Cutest, Most Creative, Best Parent/Child Combo

Top FHS Male and Female Student in 5K run (not on the cross country team)

Top FHS Male and Female Parent in 5K run

Top FHS Male and Female Staff Member in 5K run

ALL FINISHERS AGES 13-U in BOTH THE 5K AND 1K EVENTS WILL RECEIVE MEDALS.

***** ADVANCED REGISTRATION *****

Participant _____

Address _____

City _____ State _____ Zip _____

Telephone _____

Sex M F Age as of race day _____

FHS Student, Parent, or Staff member T-Shirt Size (limited to first 200 in 5K) _____

E-mail Address: _____

MAKE CHECKS PAYABLE TO:

Frederick High School

Mail to:

Headless Horseman 5K c/o Frank Strakonsky

618 Taney Ave

Frederick, MD 21702

In consideration of this entry being accepted, I waive all claims for myself and my heirs against organizers, sponsors and officials of the Headless Horseman 5K Run/Walk for any injuries or damages suffered by me or to my personal property at this race. In the case of a minor, I, his parent, agree to indemnify and hold harmless race organizers, sponsors, and officials from any and all loss sustained as a result of claims made by myself or my child for any injuries or damages sustained by him or her to his or her personal property at this race

Signature:

Parent or Guardian's Signature If under 18

