



Hillcrest Elementary School's



"Husky Hustle" 5k Run/Walk and 1 Mile Fun Run

"FSRC Grand Prix Event"

Date of Event: Saturday, June 4th, 2011
5K run/walk - 8:00 AM
1 mile fun run - 8:45

Race Location: Hillcrest Elementary School
1285 Hillcrest Drive
Frederick, MD 21710

Course Information: 5k Run/Walk course: to start and finish at HES with a loop around the Hillcrest Skate Park and passing the Hillcrest Community Center
1 mile Fun Run: will loop the school twice and finish in front of the school

Awards: T-Shirts guaranteed to the first 150 registered 5k runners
Medals for registered Fun Run participants

- Awards to top 3 Male/Female finishers
- Top 3 age group finishers in the following intervals (under 14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)
- First PTA parent
- First HES Student and Alumni (Male/Female)
- First HES staff finisher Male/Female

Refreshments: Free food provided with water at the finish line

Registration Fee: \$15.00 per person by May 27th or \$20.00 on race day (maximum \$45.00 per family)
\$5.00 for 1 mile Fun Run before or on race day or bring a canned food donation for the Frederick Food Bank
Make checks payable to Hillcrest Elementary School
Mail entry form and fee to Hillcrest Elementary school (See address above)

Packet pick-up/same day registration from 7:15-until event

For more information please contact Race Director Chad Connors 240-236-3273

Husky Hustle Registration Form

Name _____ Age _____ Male _____ Female _____

Phone _____ E-mail _____ Shirt Size - XS S M L XL XXL
Youth - M or L

Circle all that apply: 1 mile fun run 5k runner HES parent HES staff HES Alumni HES Student

Waiver: In consideration of the acceptance of my entry, I hereby release and discharge Hillcrest Elementary PTA, Frederick Steeplechasers, race volunteers, officials, and all sponsors from all claims or liabilities of any kind arising out of my participation in the event, including injury, loss or damage of property. I have full knowledge of the risks involved in the event and I am physically fit enough to participate. No pets, bicycles, roller blades, strollers, skateboards, or scooters are allowed on this course, and I hereby agree to this. Any participant who goes off course will forfeit all rights to any prizes or recognition.

Signature _____ Date _____

(If the participate is under the age of 18, a parent or guardian must sign)



Hillcrest Elementary School's



"Husky Hustle" 5k carrera y carrera de 1 Milla

"FSRC Grand Prix Event"

- Fecha:** Sabado 4 de Junio, 2011
Carrera/caminanda de 5K- 8:00 AM
Carrera de 1 milla- 8:45AM
- Localidad:** Hillcrest Elementary School
1285 Hillcrest Drive
Frederick, MD 21710
- Información:** el curso de la carrera de 5K: empieza y termina en la escuela hacen una vuelta en el Hillcrest Skate Park pasando el Centro Comunitario de Hillcrest.
La corrida de 1 milla: una vuelta en el parque terminando en la escuela.
- Premios:** Camisetas para todos los primeros 150 participantes.
Medallas para los participantes del Fun Run
- Los primeros 3 ganadores masculino/femenina
 - Los primeros 3 de cada grupo de edad (menor de 14 anos, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, mayor de 70)
 - Primer padre que sea miembro del PTA.
 - Primer estudiante y graduado de HES (Masculino/Femenina)
 - Primer personal de HES Masculino/Femenina
- Merendar:** Comida gratuita con agua al final
- Costo para registraci3n:** \$15.00 por persona enviado antes del 27 de mayo o \$20.00 el d1a de la carrera (m1ximo \$45.00 por familia)
\$5.00 para la carrera de 1 milla antes o el mismo d1a o puede donar una comida en lata para el Banco de comida.
Haga los cheques al Hillcrest Elementary School
Env1a por correo el formulario y dinero al Hillcrest Elementary school (la direcci3n fue mencionado arriba)
- Empezamos alas 7:15 para los que quieren registrarse ese mismo d1a.**
Para mas informaci3n p3ngase en contacto con los Directores Chad Connors 240-236-3273

Husky Hustle Formulario de registraci3n

Nombre _____ Edad _____ Masculino _____ Femenina _____

Tel3fono _____ E-mail _____ Talla de camiseta - XS S M L XL XXL
Youth - M or L

Indiqu3 lo que aplica: 1 milla fun run 5k runner HES padre HES Personal HES Alumni HES Estudiante

Renuncia: In consideration of the acceptance of my entry, I hereby release and discharge Hillcrest Elementary PTA, Frederick Steeplechasers, race volunteers, officials, and all sponsors from all claims or liabilities of any kind arising out of my participation in the event, including injury, loss or damage of property. I have full knowledge of the risks involved in the event and I am physically fit enough to participate. No pets, bicycles, roller blades, strollers, skateboards, or scooters are allowed on this course, and I hereby agree to this. Any participant who goes off course will forfeit all rights to any prizes or recognition

Firma _____ Fecha _____

(Si el participante es menor de edad 18, un padre o guardi1n tiene que firmar)