

WILD WOMAN 8K

Benefitting the Women's Giving Circle
Saturday April 3, 2010 8am
Frederick Indoor Sports Center

Fundamental Fitness presents the First Annual Wild Woman 8K Run/Walk on April 3, 2010. This event focuses on women's health and Wellness and will benefit the Women's Giving Circle.

Time: Race Start 8am

Course Description: The 8K course is open to runners and walkers. Course meanders through Fredericktowne Village and Monocacy Village neighborhoods starting and ending at the Frederick Indoor Sports Center (the Sportsplex.) Mostly flat with some rolling hills and paved foot-paths.

Packet Pickup: Registered runners can pick up their packets Friday April 2 between 4-8pm at If The Shoe Fits or on race day at the Frederick Indoor Sports Center.

Registration: Go to www.fundamentalfitness.biz or www.active.com to register or complete the form on the back.

Late Registration: Late registrants may register between 7-7:30am on race day at the Frederick Indoor Sports Center

Start & Finish Location: Frederick Indoor Sports Center, Frederick, MD *(from Washington—I-270 N to the junction of I-70 and Route 15; from Baltimore—I-70 W to Route 15 exit. From both Baltimore and Washington, then follow Route 15 N to the Route 26 exit. Take first right onto Routhahn's Way. Take right onto Route 355 (Market St.) Take right onto Woman's Mill Ct, take first right onto Brookfield Ct. The Frederick Indoor Sports Center is on your right.*

Entry Fees: Before March 1, 2010—\$20; After March 1 \$25.



SPONSORED BY



T-shirts: Commemorative technical t-shirts will be given to all pre-registrants. No guarantee of t-shirts for race day.

Awards Ceremony and Celebration: Awards to top three overall finishers, first masters and first three in each age group (under 14, 15-19, 20-24, 25-29, 30-24, 45-29, 40-44, 45-59, 50-54, 55-59, 60-64, 65-69, 70-74, 75-80, 81+) No duplication of prizes. Post-race refreshments provided. Random prizes galore!

For More Information Contact: Eva Rosvold
info@fundamentalfitness.biz, 301-788-0083

ENTRY FORM
WILD WOMAN 8K RUN/WALK

April 3, 2010 8am

****Please print and complete all information****

Makes checks payable to Fundamental Fitness. Mail to: WW8K 32 E. 7th St., Frederick , MD 21701

Amount Enclosed: \$_____ (Before March 1—\$20, after March 1—\$25.)

Name: _____

Email: _____

Address: _____

City: _____ State: _____

Zip: _____ Phone: _____

Sex: F

Age on Race Day: _____ T-shirt Size: S M L XL

WAIVER: In consideration of the rights granted to me to participate in the Wild Woman 8K Run/Walk on April 3, 2010, I hereby waive all claims and damages against Fundamental Fitness and any other sponsors or 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, skateboards, etc. are not allowed. Runners sign below

Runners signature: _____ Date: _____

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