



Hey parents & kids...school's out-come and have FUN!

Saturday • June 21, 2008

1 Mile Fun Run/Walk • 8:00am • 5K Run • 8:30am
Rain or Shine!



Date: Saturday, June 21, 2008 • 1 Mile Fun Run/Walk • 8:00am • 5K Run • 8:30am

Race begins and ends at: Baker Park - William Tally Recreation Center, 2nd & Bentz Streets, Frederick, MD.

Entry Fee: Race fee is \$15.00 if received by June 6, 2008 and \$20 if received after June 6, 2008. "Family Rate" - 5K fee for four or more participants in an immediate family-\$50. One Mile Fun Run/Walk - if received by June 6th and \$15 if received after June 6. "Family Rate"- One Mile fee for four or more participants in an immediate family-\$35. T-shirts are guaranteed to the first 300 pre-registered participants. Size only guaranteed if checked on registration form.

Make checks or money order payable to: YMCA of Frederick County. Send **completed** entry form and payment to: YMCA of Frederick County-Family Fun Run 1000 North Market St., Frederick, MD 21701. Financial assistance is available. Proceeds benefit YMCA of Frederick County children's health programs. Please contact Chrissie Reimnitz at the YMCA at 301.663.5131 ext. 260 with questions. Registration also online at www.active.com.

PACKET PICKUP/LATE REGISTRATION: Packet pickup and late registration from 6:45am-7:45am on race day at Baker Park.

5K Awards: Will be given to the top three male and female finishers as well as the top finisher in each age group.

For more information or to volunteer: Contact Chrissie Reimnitz at the YMCA at 301.663.5131 ext. 260.



2nd Annual YMCA Family Fun Run/Walk & 5K

Entry Fee: Race fee is \$15.00 if received by Friday, June 6, 2008. Late registration is on Saturday, June 21, 2008 at Baker Park from 6:45-7:45 am; Race fee is \$20. (See above for family rates)

Make checks or money order payable to: YMCA of Frederick County. Send **completed** entry form and payment to: YMCA of Frederick County-Family Fun Run 1000 North Market St., Frederick, MD 21701.

Amt. enclosed: \$ _____ 5K 1 Mile Fun Run/Walk T-Shirt Size CM CL S M L XL Male Female Age on Race Day _____

Name: _____
(last, First)

Address: _____

City: _____ State: _____ Zip: _____ - _____

Phone: _____ - _____

Email: _____

Liability Waiver: I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the YMCA of Frederick County, Frederick County, the City of Frederick, and all sponsors, their representatives and successors for all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photograph, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature: _____ Date: _____
(parent or guardian, if under 18)

Proceeds benefit the **YMCA of Frederick County Children's Health Programs**