

# YMCA family fun



Run/Walk & 5K  
**Saturday, June 13, 2009**

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



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

**Date: Saturday, June 13, 2009**

1 Mile Fun Run/Walk at 8:00am • 5K Run at 8:30am

**Race begins and ends at:**

**Whittier Park, Frederick, MD.**

**Entry Fee:**

5K Race Fee is \$15.00 if received by June 6, 2008 and \$20 if received after June 6, 2009. "Family Rate" - 5K fee for four or more participants in an immediate family-\$50.

One Mile Fun Run/Walk Fee is \$15.00 if received by June 6th and \$20 if received after June 6. "Family Rate"- One Mile fee for four or more participants in an immediate family-\$35.

*T-shirts in the size listed on the registration form are guaranteed to the first 300 participants who register before 05-27-09.*

**PACKET PICKUP/LATE REGISTRATION:**

Packet pickup and late registration from 6:45am-7:45am on race day at Whittier Park.

**Awards:**

One mile run/walk medals for all youth finishers. Awards will be given to the top three female/male finishers in the below age groups running the 5K. Prizes will be awarded to the top three overall female/male 5K finishers.

**Age groups:**

14 & under, 15-19, 20-29, 30-39,40-49, 50-59, 60-69, & 70+

**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.

Registration also online at [www.active.com](http://www.active.com).

**\*One hour time limit on the 5K**

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

## 3rd annual YMCA family fun Run/Walk & 5K

Entry Fee: Race fee is **\$15.00 if received by Friday, June 6, 2009**. Late registration is on Saturday, June 13, 2009 at Whittier 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)

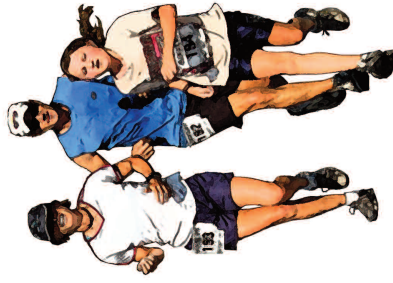
Proceeds benefit the **YMCA of Frederick County Children's Health Programs**



YMCA of Frederick County  
 1000 North Market Street  
 Frederick, MD 21701  
[www.frederickymca.org](http://www.frederickymca.org)

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NON-PROFIT ORG  
 U.S. POSTAGE  
**PAID**  
 FREDERICK, MD  
 PERMIT NO. 130

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

We build strong kids, strong families, strong communities



**registration form**

Mail to:  
 YMCA of Frederick County - 5K Race  
 1000 North Market Street  
 Frederick, MD 21701

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