



**8th Annual
Headless
Horseman
5K Run/Walk
& 1K Fun Run**

Saturday, October 29, 2016

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

Race Details

Check in and Start at the Frederick High School Track

Check in starts at 10:00 am
1K Fun Run Start: 11:30 am..... 5K Start: 12:00 pm

ENTRY FEE:

- \$20 per Entrant for the 5K event; Postmarked by October 13
- After October 13 and on Race Day, \$25 per entrant
- \$10 Entrant for the 1K event (no shirts for the 1k race)
- Additional t-shirts are available for \$12
- Online Registration at www.active.com
- For more information call: Frank Strakonsky (301) 698-0958 or strako@comcast.net

Course

Accurate, flat, and fast course on FHS roads, and Baker Park bike paths. Course has been certified!

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

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



***FREE POST-RACE MEAL TO THE FIRST 250 REGISTRATIONS IN THE 5K RACE.
SPONSORED BY MOE'S**



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

Participant _____

Address _____

City _____

State _____ Zip _____

Telephone _____

Sex M F 5KRun/Walk 1K Fun Run

T-Shirt Size (limited to first 250 in 5K)
Youth M L Adult S M L XL XXL

Additional T-shirts (\$12 each) _____
T-Shirt Youth M L Adult S M L XL XXL

Age as of race day (10/29/2016) _____ Birthday _____

E-mail Address: _____

MAKE CHECKS PAYABLE TO: Frederick High School
Mail to: Headless Horseman 5K c/o Frank Strakonsky
Frederick High School
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. I also give the race permission to use my photo.

Signature: _____

Parent or Guardian's Signature If under 18