



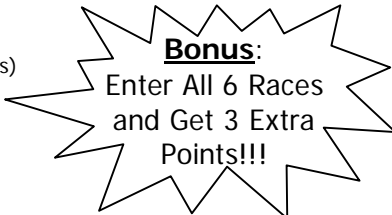
CORTLAND YMCA/CRSC RACE SERIES

THE FIDELIS 6-PACK



The Fidelis 6 pack series: **POINTS SYSTEM** Max points per race = 6 (39 per series)

- 1 point = For **Entering** Race
- 5 points = **Fastest Time** – male and female (not eligible for age category points)
- 3 points = **First** place each age category – male and female
- 2 points = **Second** place each age category – male and female
- 1 point = **Third** place each age category – male and female



★ **NEXT RACE = Turkey Trot – Thursday, November 22, at 9AM** ★

Start: in front of Cortland YMCA @ 22 Tompkins St., Cortland, NY

Fun, Fitness, and Fill your plates on Thanksgiving Day because you ran in the Annual Turkey Trot!

Prizes include Turkeys, Pies, and Breads. The Fidelis 6 pack winners will also be announced.

Register early at the Cortland YMCA. On Line Application is available at

www.cortlandymca.org , or at www.cortlandsports.org.

Proceeds from this race support the Cortland YMCA and The Salvation Army and the many programs and services they provide for the people of Cortland County.

Special thanks to Turkey Trot race sponsors: Fidelis Care, Contento's Demolition, Royal Auto Group, Pudge's Pizza, Cortland Regional Medical Center, DLH Properties, Southern Tier Imaging, Graph-Tex, Geared 2 Sports, McNeil & Company, the Cortland Regional Sports Council, and the Cortland County Family YMCA.

The 5K race begins at 9AM and the 1 mile Fun Run begins at 9:05AM.

The first 100 pre-registered racers will receive a Long Sleeved commemorative T Shirt !!!

The Turkey Trot- November 22, 2007- 9AM 5K RUN* 5K Walk 1 Mile ^{Fun Run}

**Official 6 pack race distances for points*

Make checks Payable to "Cortland YMCA." Thank you!

5K and 1 Mile Events

Check One: \$12- Early Registration \$17 - Race Day Registration
 \$ 7- Early Reg. (under 13) \$10 - Race Day Reg. (under 13)

* Extra race shirts or 6 pack shirts may be purchased for \$10 each.

Last Name																First															
Address																										Sex	<input type="checkbox"/> (M or F)				
City											State	<input type="text"/>	Zip						Age Race Day	<input type="text"/>											
Phone											T Shirt Size	Youth Sizes: <input type="checkbox"/> YS <input type="checkbox"/> YM <input type="checkbox"/> YL Adult Sizes: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL				DOB	___/___/___														
E Mail																															

In consideration of accepting this entry, I the undersigned intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Cortland YMCA and other sponsors of this event, their representatives and successors for any/all injuries suffered by me in this event. I attest and verify that I am physically fit and have trained sufficiently for this event and my physical condition has been verified by a licensed medical doctor. Further I hereby grant full permission for the use of any photographs, videotapes, pictures, recording or any other record of this event for legitimate purpose.

Signature: _____ **Date:** _____

Signature of Parent/Guardian (if under age of 18): _____