



FULTON COUNTY YMCA
Spring Sprint 5K Road Race
SATURDAY APRIL 21, 2012



9:00 AM - rain or shine!

Assisted by the Fulmont Roadrunners Club (FMRRRC)

Fulton County YMCA 213 Harrison Street Johnstown, NY 12095 – 518-848-3447
 www.fultoncountyyymca.org or see us on Facebook

T-Shirts to first 175 participants. Course Record: male: 16:09 female: 18:01

Awards will be given to the top three finishers in each of the following male and female categories:
 10-14 15-19 20-29 30-39 40-49 50-59 60-69 70 and over

Course: The 3.1/5k loop will start & finish at the YMCA on Harrison St. Runners follow a single loop course consisting of Harrison St., S. Kingsborough Ave., Hales Mills Road, Rt.29, back to Harrison St & YMCA.

Facilities: Parking for runners and spectators at the YMCA. Refreshments available after the race.

Race Director: Ken Whiteman – 848-3447x119 or kwhiteman@fultoncountyyymca.org

PRE- REGISTRATION DEADLINE: April 13, 2012 Drop off or mail to: Fulton County YMCA
 Pre-registration Fee: \$18; (FMRRC Members: \$15) 213 Harrison St, PO Box 629
AFTER 4/13/12 – All pay \$20 Johnstown, NY 12095

Fulton County YMCA 2012 5K RUN ENTRY FORM

Release: Running a road race requires mental and physical preparation. I agree that I should not run unless I am properly trained & prepared. I agree to abide by the decision of a race official relative to my ability to safely complete the race. I assume all hazards associated with running this event including falls, contact with other runners, the effects of the weather, including heat and humidity, traffic and the condition of the road, all such risks known and appreciated. Having read this waiver and understanding 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 Fulton County YMCA and other sponsors, organizers and successors from all claims or liabilities of any kind arising out of my participation in the event.

Signature _____ Date _____

Parent/Guardian Signature (if runner under 18) _____ Date _____

Please Print:

ENTRANTS NAME _____ AGE _____ SEX _____ PHONE _____

ADDRESS _____ E-MAIL _____

T-Shirt size: S M L XL Checks payable to: Fulton County YMCA. Fee must accompany application.

ENTRY FEES: PRE-REGISTRATION: \$18 _____ FMRRC: \$15 _____ LATE REGISTRATION (All): \$20 _____