

Registration: Community and Alumni 5K Run/1 Mile Walk



Runner/Walker Sign-up Form

Saturday, October 2, 2010
8:30 am (Arrive 7:00–7:45 a.m.)

Held on the FM Campus Perimeter Road
2805 State Highway 67, Johnstown, NY

Contact Jean Karutis at 518-762-4651 ext. 7-3604
or Email: jkarutis@fmcc.suny.edu for more information

Course: **5K Run**—three loops of campus perimeter road. **1 Mile Walk**—one loop.
Slight hill at turn of loop, but flat and fast in between.

Awards: **Runners:** Male and Female overall; First three finishers Male and Female in each age group; Special award to Male and Female FM Alumni overall; no duplicates. **Walkers:** Male and Female overall; Special award to Male and Female FM Alumni overall; no duplicates.

T-Shirt: Short sleeved T-Shirts to the first 150 registered runners and walkers.
Packet pick-up 7:00–7:45 a.m. @ FM Clock Tower.

Mail Registration/Fee to: Jean Karutis, Fulton Montgomery Community College
2805 State Highway 67, Johnstown, NY 12095



Prior to September 25: Runners \$15 FM Alumni Runners \$10

Walkers \$10 FM Alumni Walkers \$5

After September 25: Runners \$20 Walkers \$15

Enclosed \$ _____ Check payable to FM Foundation

Age Group: Mark One 19 & Under 20-29 30-39 40-49 50-59 60-69 70 & Over

FM Alumnus **T-shirt Size:** Small Medium Large X-Large

Name _____ Age on Race Day _____

Address _____ Sex: Male Female

City _____ State _____ Zip _____ Tel () _____

Waiver of Liability and Statement of Fitness: In consideration of my entry, I hereby for myself, heirs, executors and assigns, waive any and all claims against Fulton Montgomery Community College and all sponsors, officials and volunteers in this race for any injury or illness which may directly or indirectly result from my participation. I further state that I am in proper physical condition to participate in this event. I hereby grant permission for the free use of my name and photos or any other record of my participation for publicity purposes.

Signature _____ Date _____
(Signature of parent/guardian if runner/walker is under 18)

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