



YMCA

We build strong kids,  
strong families, strong communities.

FULTON COUNTY YMCA

*SPRING SPRINT 5K Road Race*

SATURDAY APRIL 10, 2010



*9:00 AM - rain or shine!*

*Assisted by the Fulmont Roadrunners Club (FMRRC)*

Fulton County YMCA 213 Harrison Street Johnstown, NY 12095 – 518-848-3447

T-Shirts to first 150 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. Kingsboro 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: Peter Riley, YMCA Health & Wellness Director – 848-3447 or [priley@fultoncountyyymca.org](mailto:priley@fultoncountyyymca.org)

**PRE- REGISTRATION DEADLINE: April 1, 2010**

Drop off or mail to: Fulton County YMCA

Pre-registration Fee: \$17; (FMRRC Members: \$15)

213 Harrison St, PO Box 629

**AFTER 4/1/10 – All pay \$20**

Johnstown, NY 12095

**Fulton County YMCA 2010 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: \$17 \_\_\_\_\_ FMRRC: \$15 \_\_\_\_\_ LATE REGISTRATION (All): \$20 \_\_\_\_\_