

2017 IN 2017 CHALLENGE



Be part of the 2017 Challenge, earn points and be rewarded with the following prizes. Challenge ends at December meeting.

- 2017 Prize Levels
 - 650 points = 2017 Participation Ribbon
 - 1300 points = Accomplishment Medal
 - 2017 points = Your choice of FERC Bondi Band or FERC Logo Dry Fit Hat

Official rules.

1. Sign up deadline of February 28th.
2. \$5.00 Entry fee for current FERC members / \$10.00 Entry fee for non-members (Includes 1 year FERC Membership)
3. Enter your total mileage each month using online form and receive 1 point per mile.
4. Participate in listed events and receive 50 points each. (50 x 13 = 650 possible)
5. Volunteer for listed events and receive 100 points each. (100 x 13 = 1300 possible)
6. Come to FERC monthly meetings and receive 50 points each month. (50 x 12 = 600 possible)
7. Special point awards will be announced each month. Attend the meetings to find out more.

Please enter monthly mileage only once per month. Please try to enter each month during the first week of the preceding month. You must enter your name for each entry. All entries are automatically date stamped.

Run and / or Volunteer opportunities

1. Resolution Mile - January 7th, 2017
2. Indoor 10K - February 05, 2017
3. Melt the Ice 5K - March 18, 2017
4. Golden Bear 10K- March 25, 2017
5. Run Against Human Trafficking- May 13, 2017
6. Camelback 10k and 5k- June 17, 2017
7. TEAM Jenny 5k- June 24, 2017
8. Northcoast Duathlon – July 15, 2017
9. The White Star Triathlon and Duathlon- July 23, 2017
10. Mystery Fun Run- August 16, 2017
11. Run for the Roses 5k- September 10, 2017
12. Inland Trail Relay- October 8, 2017
13. Scarecrow Sprint 5k- November 4, 2017
14. Jingle Bell 5k- December 9, 2017

Volunteer opportunities

1. Norm Bray XC Invitational
2. SJCC XC Invitational
3. Force Youth Track and XC (Events will be posted on Facebook)
4. Additional events will be posted on Facebook throughout the year.
5. Organize approved FERC Events
6. Organizing / Timing assistance for non- FERC events

Make all checks payable to: Fremont Elite Runners Club, PO Box 202, Fremont, Ohio 43420
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First Name: _____ **Last Name:** _____

Address: _____

City / State / Zip: _____

Phone: _____ **Email:** _____

Shirt Size: S | M | L | XL

FERC Member: Y | N

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of this challenge official relative to my ability to safely complete the challenge. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and conditions of the routes, all such risks being known and appreciated by me. The RRCA and its membership strongly discourage the use of headphones and pets are not permitted on the courses of races. Having read this waiver and knowing 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 Fremont Elite Runners Club, the City of Fremont, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature/Date

Signature of Parent/Guardian if under 18/Date