



THE SCARECROW SPRINT 5K

Saturday, November 16, 2019

10:00am

Presented By: The Fremont Elite Runner's Club

COMPETE ON NORTHWEST OHIO'S MOST CHALLENGING 5K (3.10 MILE) CROSS COUNTRY COURSE!

- Start and finish inside Walsh Park, 754 Morrison Street, Fremont, OH 43420. Course is entirely within Walsh Park and is a true cross-country course on grass and wooded trails.
- Mail In Registration Fee: \$20 by November 9, 2019 (Race shirts guaranteed to all pre-registered participants)
- Online Registration Fee: \$20 by November 10, 2019 (Race shirts guaranteed to all pre-registered participants). Online entry at: <http://fremonteliterunnersclub.com/>
- Race Day Registration Fee: \$25 (Shirts available while they last)
- Race Day Registration will begin at 8:00am in the Walsh Park Shelterhouse and will continue until 15 minutes before the start of the race.
- Awards: Overall Male and Female Finisher and the Top Three Finishers in the following age groups: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.
- **Course is not recommended for athletes with disabilities. NO DOGS OR OTHER PETS PERMITTED ON COURSE DURING RACE**

MAIL IN REGISTRATION AND CHECKS/MONEY ORDERS PAYABLE TO:

THE FREMONT ELITE RUNNER'S CLUB

PO BOX 202

FREMONT, OHIO 43420

SCARECROW SPRINT 5K

FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____ PHONE: _____

MALE: _____ FEMALE: _____ AGE (ON 11/16/19): _____ SHIRT SIZE: S M L XL XXL

I know that running a road race 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 a race official related to my ability to safely complete the run. 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 condition of the course, all such risks being known and appreciated by me. 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 Runner's 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