

FREMONT ELITE
EST. 1978



RUNNERS CLUB

2009 RUNNING SERIES

PARTICIPATING RACES

Melt the Ice 5K	Saturday, March 21, 2009
Bob Semer Memorial 10K	Sunday, May 17, 2009
31st Annual Camelback Run	Saturday, June 20, 2009
Fremont 15K	Saturday, October 3, 2009
8th Annual Scarecrow Sprint	Saturday, November 14, 2009
The Downtown Mile	Saturday, November 28, 2009
Jingle Bell Run	Saturday, December 12, 2009

Eligibility and Scoring: An individual must finish 5 out of the 7 series races to be considered for a Series Award. Scoring is by points based on place in each race's age group, including non-series participants. First in your age group is 1 point, second is 2 points and so on. Lowest total for the best 4 events will win. Tiebreaker is the most events completed. Second tiebreaker is participant's time at the Camelback Run.

Series Award Divisions: Male and Female: 9 & 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, 70-74, 75-79, 80 & over. Your Series age group is determined by your age on 12/31/2009.

Entry Fee and Deadline: There is no entry fee for the 2009 Running Series, but participants must be entered by the 31st Annual Camelback Run. All participants completing the required 5 out of 7 races will receive a commemorative 2009 Fremont Elite Runners Club Race Series Shirt. Participants are responsible for each individual race entry fee.

Race Series/Fremont Elite Runners Club Awards Banquet: Shirts will be available at the banquet to be held in December 2009. More details on the banquet will be available at a later date.

Race Schedules and Entry Forms: Dates and times of race are subject to change. Up to date schedule information and entry forms for each individual race are available at all FERC meetings and functions, www.fremontrunningandfitness.com and at the Fremont Community Recreation Complex, 600 St. Joseph Street, Fremont, Ohio 43420. 419-334-5906.

2009 FREMONT ELITE RUNNERS CLUB RUNNING SERIES

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

PHONE: _____ EMAIL: _____

SEX: (CIRCLE) M F AGE:(ON 12/31/2009) _____ DATE OF BIRTH: _____

SHIRT SIZE: S M L XL XXL