

THE FREMONT INDOOR 10K

“Northwest Ohio’s Only Indoor 10K Run”

SUNDAY, FEBRUARY 1, 2009

9:00 AM/10:00 AM

FREMONT COMMUNITY RECREATION COMPLEX

RACE INFORMATION:

- Race is limited to the first 40 registered runners. The first 20 runners will start at 9:00 am. The second 20 runners will start at 10:15 am.
- Race Course: 62 laps around the Track and the Fremont Community Recreation Complex. More race instructions will be given prior to the start of each race.
- Laps will be counted by Race Volunteers. Race number will be assigned prior to the start and **MUST** be worn on the front of each runner.
- Registration Fee: \$10 (**includes a one of a kind, everyone will want to know where you got it, Fremont Indoor 10K Race Shirt**)
- Awards: No awards, but plenty of food and fun for everyone, plus a special “Fremont Indoor 10K Playlist” pumping through the speakers to keep you going!
- Register at: Fremont Parks and Recreation Department/Fremont Community Rec Complex
600 St. Joseph Street
Fremont, Ohio
43420
- All entries **MUST** be received by Saturday, January 24th. Runners will be notified of their starting time by Wednesday, January 28th.
- Fremont Community Recreation Complex will open at 8:15 am on race day. Showers and Locker Room facilities available.
- For more information, contact the Fremont Parks and Recreation Department at (419) 334-5906



LAST NAME: _____ FIRST NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____ EMAIL: _____

MALE: _____ FEMALE: _____

SHIRT SIZE (CIRCLE ONE): S M L XL XXL

I, the undersigned, verify that all information given during registration is the truth. As a participant in this and any other program offered by the City of Fremont and Fremont Parks and Recreation Department, I/we recognize that there are certain risks and I agree to assume all such risks which I may sustain as a result of participation in any and all activities connected or associated with such programs. I also understand that the City of Fremont and Fremont Parks and Recreation Department, its officials, agents, employees and insurers are held harmless from any and all liabilities, claims, actions or causes of actions resulting from physical injuries, including death, loss of services, loss or damage to property or any other loss on account of my participation in this and all other programs of the City of Fremont and Fremont Parks and Recreation Department.

Signature/Date

Signature of Parent/Guardian if under 18/Date