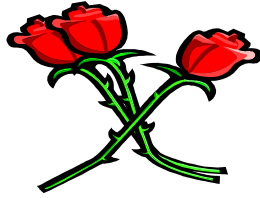


# THE RUN FOR THE ROSES 5K



Sunday, September 4, 2011

11:00 am

Fremont Community Recreation Complex  
600 St. Joseph Street, Fremont

- A special **“LADIES ONLY EVENT”** with the men doing all of the work! Proceeds benefit the Sandusky County Cancer Care Fund.
- 5K course on neighborhood streets. Well marked, traffic control, patrolled for safety and water stop available. Walker’s welcome!
- Awards to the Overall Finisher and the Top 3 in the following age groups: 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and over.
- All participants will receive a special Finisher’s Gift.
- Post race awards and refreshments at the Fremont Community Recreation Complex.
- Great Race Shirts!
- Entry Fee: **\$15 if registered by 8/27/11 (Race Shirts guaranteed to all pre registered runners). \$20 on Race Day (Race Shirts only available while they last)**
- Please make checks payable to: *The Fremont Elite Runner’s Club  
c/o 600 St. Joseph Street  
Fremont, Ohio 43420*
- The Fremont Community Recreation Complex will open at 10:00 am on Race Day.
- For more information, call (419) 334-5906, visit [www.fremontrunningandfitness.com](http://www.fremontrunningandfitness.com) or visit the Fremont Elite Runner’s Club on Facebook.



LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

MALE: \_\_\_\_\_ FEMALE: \_\_\_\_\_ AGE (AS OF 9/4/11): \_\_\_\_\_

SHIRT SIZE (CIRCLE ONE):      S      M      L      XL

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 relative 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 road, 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 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