



THE FREMONT INDOOR 10K

Sponsored by: State Farm Insurance– Dave Slater, Second Sole of Toledo, James Melle Attorney, Phaze 1 Screenprinting and the Fremont Parks and Recreation Department

“The Legend Lives On! Northwest Ohio’s Premier Indoor 10K Run and the Home of the 2012 Northwest Ohio Indoor 10K Championships!”

SUNDAY, FEBRUARY 5, 2012

8:30 AM/9:45 AM/11:15 AM/12:15 PM

FREMONT COMMUNITY RECREATION COMPLEX

RACE INFORMATION

- **ENTRY BEGINS DECEMBER 1, 2011. Race Field is limited to 100 runners!** Once field of 100 has been reached, runners will be placed on a “wait list” until slots open up or additional slots/heats are added. **NO ENTRIES ACCEPTED UNTIL DECEMBER 1ST!**
- **Because of time constraints and course limitations, Race Is Not Open To Walkers.**
- **How It Works:** Participants are assigned a start time. The first group of 25 runners will start at 8:30 am. The second group of 25 runners will start at 9:45 am. The third group of 25 runners will start at 11:15 am. The fourth group of 25 runners will start at 12:15 pm.
- **Race Course:** 62 laps around the elevated track at the Fremont Community Recreation Complex. 6.2 Miles. More detailed race instructions will be given prior to the start of each heat.
- **Laps will be counted by Race Volunteers.** Race numbers will be assigned to each runner at Packet Pick Up and **MUST** be worn on the front of each runner.
- **Registration Fee: \$25** (Includes Fremont Indoor 10K Tech Shirt and other good stuff!)
- **ALL PROCEEDS FROM THE FREMONT INDOOR 10K BENEFIT: *The Fremont Flash Youth Running Program***
- **PLEASE MAKE ALL CHECKS/MONEY ORDERS PAYABLE TO: THE FREMONT PARKS AND RECREATION DEPARTMENT**
- **Awards: Indoor 10K Titles** to the Overall Male and Female Runner’s with the fastest 10K times and **Custom Finisher’s Medals AND BACK AGAIN: “Fremont Indoor 10K Custom Finisher” Belt Buckles** for all Finisher’s. Overall awards will be presented at the conclusion of the final heat.
- **Post Race Food and Refreshments -** Incredible post race spread throughout the morning in the Gymnasium of the Fremont Community Recreation Complex.
- **The Music:** Back again.... **The Fremont Indoor 10K Soundtrack** (featuring greatest hits from the past three runs, new additions and requests made by you!) will be pumping through the speakers to keep you going throughout the run!
- **Register:** ALL entries **MUST** be received by **1/28/12**. Runners will be notified of their start time via phone and email by 2/1/12. Heat assignments will also be posted online at www.fremontrunningandfitness.com. **No Race Day Entry!**
- **Mail entries to:** The Fremont Parks and Recreation Department
600 St. Joseph Street
Fremont, Ohio 43420
- The Fremont Community Recreation Complex will open at 7:45 am on race day. Shower and Locker Room facilities will be available throughout the day.

For more information, contact the Fremont Parks and Recreation Department at

Please Print

LAST NAME: _____ FIRST NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____ EMAIL: _____

MALE: _____ FEMALE: _____ ANTICIPATED FINISH TIME: _____

SHIRT SIZE (CIRCLE ONE): S M L XL *(*Note: Ladies Shirts will be “Ladies Cut.” Ladies, please note if you do not want a “Ladies Cut” shirt*)*

START TIME REQUEST (**WE CANNOT GUARANTEE THAT REQUEST WILL BE MET**): _____

SOUNDTRACK REQUESTS: _____

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

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