# FFLAG

***Fitness For Life Around Grant County***

## Derby Dash 5K Run/Walk

Proceeds benefit the Fitness for Life Around Grant County Physical Activity Initiatives.

## SATURDAY, MAY 2, 2009
## 8:30 a.m.

**Course:**
5K (3.1 m) course through scenic Williamstown, KY in Grant County.

**Schedule of Events:**
8:30 a.m. Derby Dash Start Time
*(Start line for 5K is at the Williamstown Baptist Church)*
214 N. Main Street
Williamstown, KY 41097

**KIDS FUN RUN (FREE)** immediately following the race.

**Pre-Registration:**
Mail-in registrations must be postmarked by: Saturday, April 25, 2009.
You may also register online at:

**www.runningtime.net**
Online registration ends April 29, 2009

**ENTRY FEES (All Categories):**
***Nonrefundable Event***
$10 Pre-registration (no shirt)
$15 Pre-registration (with shirt)
$10 Seniors 65 and over (includes shirt)

FAMILY DEAL: $15 first person, $5 each additional immediate family member (includes shirt)

$20 Race Day (no shirt) – You can buy a shirt the day of the race for $10
***Race Day registration opens at 7:30 a.m. at the Williamstown Baptist Church***

**EVENT FUN!**
**FREE Kids Fun Run….post race recovery foods … JOIN IN THE OTHER FUN FESTIVITIES AT WILLIAMSTOWN'S ANNUAL DERBY DAY EVENTS!**

# DERBY DASH 5K

**Awards:** Top overall female/male runner and top overall female/male walker. Medals will be given to all race participants

**Results:** Official race results will be posted online at www.getfitgc.com

**For more information:** Call Greg McCormick at 513-652-6225 or visit

**www.runningtime.net**

**Send Registration Form and Check Made Payable to: FFLAG**
Mail to: Greg McCormick
10119 Crosier Lane
Cincinnati, OH 45242

## DERBY DASH OFFICIAL REGISTRATION FORM

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-mail: _____

Age as of 5/2/09: _____ Sex: ___ male ___ female

**Category:**
**__ 5K Derby Dash Run** **__5K Derby Dash Walk**

**Entry Fees (All Categories):**
__ $10 pre-registration (no shirt) __$15 pre-registration (with shirt)

__ $10 seniors 65+ (includes shirt) __ Family Deal: $15 first person, $5 each additional (includes shirts) *

**** Families must each complete separate form and register together.***

Circle shirt size: S M L XL XXL 3XL

**WAIVER/RELEASE:** In consideration of the acceptance of my entry, I hereby waive, discharge and release on behalf of myself, my heirs, executors and assigns, all claims of any nature arising from my participation in the Derby Dash, and do hereby release the Fitness for Life Around Grant County, the city of Williamstown, all sponsors, workers, officials and volunteers from any claim whatsoever arising from my participation in this event. I agree to abide by all rules for participation, and acknowledge that FFLAG may refuse or return my entry at its discretion. I understand the risks involved in such a run/walk, and that I am physically fit and have trained adequately in preparation. I also give my permission to Fitness for Life Around Grant County to use any photographs, video or other recordings of me that are made during the course of this event. I also understand that my information (name, age, city of residence) may be posted online and/or in other media when posting the results of the run/walk.

Signature of Entrant: _____ Date: _____

Signature of parent/guardian: _____
(if under age of 18)