



SUNDAY, APRIL 1, 2012
START TIME: 8:30AM
STEWART LODGE
MENDON PONDS PARK MENDON, NY
DISTANCE: 15K & 2.5 MI FUN RUN
KIDS RACES: 1 MI, 1/2 MI & 1/4 MI

RACE REGISTRATION:

BY MARCH 1: 15K: \$20, 2.5 MI FUN RUN: \$16
MARCH 2 THRU 31: 15K: \$23, 2.5 MI FUN RUN: \$18
DAY OF FEE: 15K: \$25, 2.5 MI FUN RUN: \$20.
KIDS RACES ARE FREE (NO SHIRT)!

PRE-REGISTRATION:

REGISTER EARLY TO GET THE BEST PRICE!
ONLINE WWW.ACTIVE.COM OR AT FLEET FEET SPORTS,
2210 MONROE AVE OR 2522 RIDGEWAY AVE,
ROCHESTER, NY

EARLY PACKET PICK UP:

AVAILABLE AT BOTH FLEET FEET SPORTS LOCATIONS:
2210 MONROE AVE, ROCHESTER, NY 14618 OR
2522 RIDGEWAY AVE, ROCHESTER, NY 14626
FRI, MARCH 30 (10-7PM) AND SAT, MARCH 31 (9-5PM)

INCLUDES:

TECHNICAL SHIRTS TO THOSE REGISTERED BY MARCH 1,
COTTON T-SHIRT TO THE NEXT 400, POST RACE CUISINE,
AND CHIP TIMING. **NOTE:** THE EARLIER YOU REGISTER THE
BETTER CHANCE TO GET THE SHIRT SIZE YOU WANT.

RACE START TIMES:

15K: 8:30AM (EARLY 7:30AM START FOR THOSE
RUNNING 1:45 OR LONGER), 2.5 MI FUN RUN: 8:40AM,
KIDS RACES WILL START AT CONCLUSION OF THE 15K.
RACE DAY REGISTRATION OPENS AT 7:30AM,
AWARDS AT 10:30AM

YELLOWJACKETRACING.COM

FOR MORE INFORMATION: 585-732-1090 OR
EMAIL: EVENTS@YELLOWJACKETRACING.COM

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YELLOWJACKET
Racing

FLEET FEET
Sports

SPRING FORWARD REGISTRATION

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

PHONE: _____

E-MAIL: _____

GENDER: M F (CIRCLE ONE) AGE ON RACE DAY: _____

TECH SHIRT: XS S M L XL (CIRCLE ONE)
SHIRTS ARE A UNISEX SIZE, WOMEN SHOULD MOVE DOWN ONE SIZE

WHICH PACKET PICK UP LOCATION? (CHECK ONE)

TWO LOCATIONS! YOU PICK WHICH IS CONVENIENT FOR YOU.

- FLEET FEET SPORTS BRIGHTON: 2210 MONROE AVE
 FLEET FEET SPORTS RIDGEWAY: 2522 RIDGEWAY AVE

WHICH RACE, WHICH FEE? (CHECK ONE)

WHICH RACE, WHICH FEE? (CHECK ONE)	1.5K	2.5MI
BY MARCH 1	\$20	\$16
MARCH 2 TO 31	\$23	\$18
DAY OF	\$25	\$20
FLEET FEET RACING TEAM MEMBERS	\$12	\$12

AWARDS: 1.5K ONLY: TOP 3 MEN & WOMEN PLUS AGE GROUP AWARDS. TOP 3 MALE & FEMALE IN 5 YEAR AGE GROUPS: 19 UNDER, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 UP.

COURSE: THE COURSE IS HILLY AND A GREAT TUNE UP FOR LATE SPRING MARATHONS OR 1/2 MARATHONS.

USATF CERTIFIED: NY05103KL

MANDATORY WAIVER (SIGNATURE REQUIRED)

NO HEADSETS, BABY STROLLERS, OR DOGS ALLOWED IN RACE. I know that running a trail 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 the decision of the race officials relative to my ability to safely complete the event. I assume all risks associated with running/walking/snowshoeing this event including, but not limited to, falls, contact with other runners, the effects of the weather, including high heat and/or humidity and the conditions of the course, all such risks being known and appreciated by me. I grant permission to the organizing groups to use any photograph, motion pictures, or recordings of my taking part in this event for any legitimate purpose. Having read this waiver acknowledging these facts and in consideration of you accepting my entry, I for myself, and everyone entitled to act on my behalf, waive and release YELLOWJACKET RACING, Volunteers, the City of Rochester and any and all race sponsors from any claims or liabilities of any kind arising out of my participation in this event. I understand that all entry fees are nonrefundable. I have read this waiver and certify my compliance and agreement with its content with my signature.

Runner Signature: _____

If under 18, Parent/Guardian: _____

**MAKE CHECKS PAYABLE TO: YELLOWJACKET RACING
MAIL FORM AND ENTRY FEE TO: FLEET FEET SPORTS,
ATTN: SPRING FORWARD, 2210 MONROE AVE.,
ROCHESTER, NY 14618**