



2nd Annual

# Chad E. Spicer Memorial 5k Run/Walk

SUNDAY, OCTOBER 17, 2010 • GEORGETOWN, DE

- RACE TIME:** 12:00 pm (registration opens at 11 am)
- LOCATION:** Flex World Fitness, 20930 Dupont Hwy. Suite 103 Georgetown, DE
- BENEFITS:** Aubrey Spicer Memorial Fund
- COURSE:** Start & finish at Flex World Fitness along perimeter of Del Tech Campus
- AMENITIES:** T-Shirts and refreshments. Barbeque located at gym following race
- AWARDS:** Trophies awarded to overall male & female, Top 3 male & female walkers & Top 3 runners from each age group: 13+Under, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+Over
- TIMING:** EdJaH Chip Timing Systems (a division of races2run)
- ENTRY FEE:** \$ 20 pre-entry (through Thu. Oct 14th)  
\$ 25 after Oct 14th through race day
- ENTRY INFO:** Make checks payable to "Flex World Fitness"
- CONTACT:** For more info, contact: Heidi Helou 302.381.2881 / 302.856.7771  
heidi@flexworldfitness.com or Wayne Kursh at 302.654.6400 wayne@races2run.com



**MAIL ENTRY TO:** Flex World Fitness  
20930 Dupont Hwy. Suite 103  
Georgetown, DE 19947



**NOTICE:** NO BABY STROLLERS ARE ALLOWED IN THE RUN PORTION OF THIS EVENT. YOU MAY WALK WITH STROLLERS.  
NO DOGS ALLOWED DUE TO INSURANCE LIABILITY.

## Chad E. Spicer Memorial 5k Run/Walk (Please print neatly)

Name:

Address:

City:  State:  Zip Code:

Telephone:  Age: (Day of Race)  Sex:

T-Shirt Size: S M L XL  5K Run  5K Walk  
*(Please circle one)*

E-mail address: \_\_\_\_\_

Signature: \_\_\_\_\_  
*(Parents signature if less than 18 years old)*

Please discourage unofficial entrants (bandits) from competing in our races. Bandits consume scarce resources and can delay or inhibit accurate race results. Unregistered runners, running with dogs, strollers, rollerblades, bicycles and the wearing of headphones are prohibited on the race course at any time to ensure runners' safety and to comply with liability insurance standards.

In consideration of this entry being accepted, I, intending to be legally bound, hereby for myself, my heirs, executors, administrators, waive and release any and all rights I may have against the organization holding this event, its agents, representatives, successors and assigns for any and all injuries suffered by me at said race.

NO REFUNDS-THE RACE DIRECTOR RESERVES THE RIGHT TO REJECT ANY ENTRY