



# Forever Young 5K

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## 1 mile Fun Run

### Seneca Falls, NY

Saturday October 9, 2010 at 9:30 am

**Sponsored By The Seneca Falls Recreation Center**

**Freddy Morganti** was a young, vibrant 13 year old that loved life to the fullest. Like many, Freddy was a young man that enjoyed football, wrestling and baseball. On April 12, 2010 Freddy died suddenly of what was later found to be a form of leukemia. In his honor, his parents have initiated a scholarship for a student that enjoys and excels at those same sports.

**The Mission:** Our mission is to raise funds to graciously support this scholarship and bring a fun community event to Seneca Falls and the surrounding area in honor of Freddy. All profits will go to the scholarship fund.

**Events:** There will be a 5K for all ages and a 1 mile Fun Run for 16 yrs and younger. The Fun Run will have a Three Person Team Option in which the times of the three runners will be combined.

**The Course:** The course is flat and fast and will provide a nice opportunity to post great times!

**Race Location:** The race starts and ends at Kids Territory on West Bayard Street in Seneca Falls.

**Race Day Packet Pick-up & Registration:** Begins at 8:00 am

**Race Start:** 1 Mile Run begins at 9:30 and 5K begins at 10 am.

**Age Categories:** **5K:** 12 & under, 13-18, 19-24, 25-30, 31-40, 41-50, 51-60, 61-70, 70+  
**1 Mile Fun Run and 3 Person Teams:** Max age for the relay is 16

**Registration Fees:** Before September 30<sup>th</sup>: Individual 5K=\$20 1 Mile Fun Run=\$10 Individual / \$30 Teams  
After September 30<sup>th</sup>: Individual 5K=\$25 1 Mile Fun Run=\$12 Individual / \$35 Teams

**5K Registration Form (please print) – or - Register online at [ForeverYoung5K.com](http://ForeverYoung5K.com)**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City / State / Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Gender:  Male  Female Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

T-shirt size:  Youth-SM  Youth-M  Youth-L  Adult-SM  Adult-M  Adult-L  Adult-XL

I have read and agree with the waiver below:

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of parent or guardian if under 18: \_\_\_\_\_ Date: \_\_\_\_\_

**ENTRY FOR 1 MILE FUN RUN AND FUN RUN 3 PERSON TEAMS ARE ON THE BACK.**

**FUN RUN PARTICIPANTS MUST REGISTER BY THIS FORM**

**Send completed entry form & Check made out to "Forever Young 5K" to:**

**Forever Young 5K  
3195 East Bayard Street Ext  
Seneca Falls, NY 13148**

**KIDS 1 MILE & 3 PERSON TEAM ENTRY FORM (please print / if individual participant fill out 1<sup>st</sup> Runner only)**

**1<sup>st</sup> Runner**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City / State / Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Gender:  Male  Female Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

T-shirt size:  Youth-SM  Youth-M  Youth-L  Adult-SM  Adult-M  Adult-L

I have read and agree with the waiver:

Signature of parent or guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**2<sup>nd</sup> Runner**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City / State / Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Gender:  Male  Female Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

T-shirt size:  Youth-SM  Youth-M  Youth-L  Adult-SM  Adult-M  Adult-L

I have read and agree with the waiver:

Signature of parent or guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**3<sup>rd</sup> Runner**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City / State / Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Gender:  Male  Female Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

T-shirt size:  Youth-SM  Youth-M  Youth-L  Adult-SM  Adult-M  Adult-L

I have read and agree with the waiver:

Signature of parent or guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**Waiver :**

I understand that a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with this event including but not limited to contact with other participants, foul weather, water hazards, traffic and road conditions; all such risks being accepted by me. I, for myself and anyone entitled to act on my behalf, waive and release the all Forever Young 5K race organizers, event sponsors and volunteers, the whole of Seneca Falls and Seneca County from all claims and liabilities of any kind arising out of my participation in this event.