



## MARKET STREET MILE SEPTEMBER 14, 2013



Carroll Creek

Proceeds benefit the Panther's Running Club at Lincoln Elementary School, supported by the Steeplechasers and Rotary Club of Carroll Creek.

### Grand Prix Series:

Frederick Steeplechasers and MD RRCA



### Race Schedule

7:30-8:45am: Registration/Package Pick-up  
8:45: Women's Mile  
9:00: Men's Mile  
9:15: Youth Mile (14 and under)  
9:30: Family Mile/Fun Mile (untimed)  
9:45: Random Prize Drawing  
10:00: Awards Ceremony at Finish Line



[Frederick Market Street Mile](https://www.facebook.com/frederickmarketstreetmile)

Like us on facebook!

Check out our website:

[www.steeplechasers.org/msm](http://www.steeplechasers.org/msm)

Register online (no service fee):

[www.runningahead.com/events/MSM](http://www.runningahead.com/events/MSM)

For more information, contact Anne Light at:  
eane044@aol.com

### Race Fees

Women's, Men's, Youth, Fun Mile: \$15 per runner until 8/14, \$20 after 8/14  
Family Mile: \$15 per family until 8/14, \$20 after 8/14  
Commemorative 30<sup>th</sup> Anniversary Mile T-shirt: \$6 Youth, \$11 Adult

### Race Info

Early Packet Pickup: 9/12 5-7pm, If the Shoe Fits, 1170 W. Patrick St  
Start: Frederick YMCA, 1000 N. Market Street  
Finish: Market Street at Carroll Creek  
No headphones, baby joggers, dogs allowed in timed events

### Awards

Men's Overall Open/Masters (40 and over), Women's Open/Masters: \$50  
Men's/Women's Awards (1<sup>st</sup> and 2<sup>nd</sup>): 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 and over  
Youth Awards (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>): 8 and under, 9-11, 12-14  
Finisher's medals to children in youth and family/fun mile events  
No duplicate awards, awards will not be mailed, must be present for random prizes

Make checks payable to FSRC Mile and mail by August 31st to FSRC Mile, P.O. Box 681, Frederick, MD, 21705-0681  
or **register online** until September 7th at [www.runningahead.com/events/MSM](http://www.runningahead.com/events/MSM) (no service fee for online registration)

Name (last, first): \_\_\_\_\_

Gender: ☐ Male ☐ Female Age on Race Day \_\_\_\_\_ RRCA Club affiliation, if any \_\_\_\_\_

Race Event: ☐ Women's Mile ☐ Men's Mile ☐ Youth Mile ☐ Fun Mile (not timed) ☐ Family Mile (not timed)

State: \_\_\_\_\_ Email Address: \_\_\_\_\_

Commemorative 30<sup>th</sup> Anniversary Mile T-Shirts: Adult (\$11): S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2XL \_\_\_\_\_

(available with registration until 8/1) Youth (\$6): XS(2-4) \_\_\_\_\_ S(6-8) \_\_\_\_\_ M(10-12) \_\_\_\_\_ L(14-16) \_\_\_\_\_ XL(18-20) \_\_\_\_\_

### Family Mile Event only

Family Team Name: \_\_\_\_\_

Additional Family Members (Names/Ages): \_\_\_\_\_  
\_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

(parent or guardian if under 18)

In consideration of this entry being accepted, I waive all claims for myself and my heirs against organizers, sponsors, and officials of the Market Street Mile for any injuries or damages suffered by me or to my personal property at this race. In the case of a minor, I, his/her parent, agree to indemnify and hold harmless race organizers, sponsors and officials from any or all loss sustained as a result of claims made by child for any injuries or damages sustained by him/her or to his/her personal property at this race.