



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

www.steeplechasers.org/msm

For more information, contact Anne Light at:
eanne044@aol.com

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 (untimed)
9:45: Random Prize Drawing
10:00: Awards Ceremony at Finish Line



[Frederick Market Street Mile](#)

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Race Fees

Women's, Men's, Youth Mile: \$15 per runner until 8/14, \$20 after 8/14
Family Mile (not timed): \$15 per *family* until 8/14, \$20 after 8/14
Commemorative 30th 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 (1st and 2nd): 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 (1st, 2nd, 3rd): 8 and under, 9-11, 12-14
Finisher's medals to kids in youth and family 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 (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 ☐ Family Mile (not timed/scored)

State: _____ Email Address: _____

Commemorative 30th 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.