

**Be My Strider**  
**Riverview Park- behind Crossfit Unbridled**  
**770 Wilkinson Blvd. Frankfort, KY 40601**  
**Tuesday February 21<sup>st</sup> 5:30PM**

**DISTANCE** 3k USATF sanctioned

**ENTRY FEES** \$15 through race day, kids 14 & under are free to participate

**Mail entry form with Check (made out to the Frankfort Striders) to:**

Frankfort Striders Club 208 New Street, Frankfort, Ky 40601.

**RACE DAY** Late registration and packet pick up starts at 4:30 pm.

**AWARDS** Awards given to the top male and female as well as age group awards.

Questions: Contact Leesa Unger @ (502) 395-0364 frankfortstridersclub[@gmail.com](mailto:frankfortstridersclub@gmail.com)

-----  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
Age as of 2/21/17 : \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Male \_\_\_\_\_ Female \_\_\_\_\_

**Waiver and Release**

**I know that running and volunteering to work in races are potentially hazardous activities. I should not enter the Be My Strider run unless I am medically able and properly trained. I understand that my entry fee is non refundable. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I certify that I have full knowledge of the risks involved in participating in this event. I also release the publishing rights of photographs taken of me during the run.**

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent Signature (under 18)** \_\_\_\_\_