



Jefferson SpringFest

5K Run/Walk 2006

Saturday, June 3rd
 9:00 am
 Jefferson, MD
 www.jeffersonmd.net

Hosted By:
 Jefferson Ruritan Club

Race Information

The Sixth Annual Jefferson SpringFest 5K Run/Walk
Date: Saturday, June 3rd
Time: 9:00 AM
Place: Jefferson Ruritan Club
 Jefferson, MD
At the intersection of Route 340 and Lander Road

Schedule

7:30—8:45 Warm-up, T-shirts pickup, race day registration
 9:00—10:00 Sixth Annual Jefferson SpringFest 5K!
 10:00 SpringFest begins!

Award Structure

Awards will be given to the top three overall men and women and the top three masters men and women.
 1st Place-\$100
 2nd Place-\$50
 3rd Place-\$25
 Non-monetary prizes will be given to the top three finishers in the following age categories:
 19 and under, 20-29, 30-39, 40-49, 50-59, 60 and over.
 *Only one prize per participant

Entry Fee and Registration

Fee: \$15 (postmarked before May 20th)
 \$18 (May 21st and later)

Please fill out one entry form per person. Forms may be photocopied

Make checks payable to:
 Jefferson Ruritan Club

Mail to:
 Jefferson Ruritan Club
 c/o Joe Harris
 3402 Livingston Drive
 Jefferson, MD 21755
 301-473-7215

The Course

The Jefferson SpringFest 5K presents a beautiful yet challenging road course through the scenic and historic town of Jefferson MD.

General Information

Restrooms will be available at the start and finish.
 Refreshments will be available at the finish for registered runners.
 Bicycles, wheelchairs, skates, baby strollers, baby joggers, headsets and pets are prohibited during the race.
 The roads will be monitored but will not be completely closed to traffic.

Results

Official 5K results will be posted on the Frederick Steeplechasers website within a few days of the race.

Post Race Awards and Jefferson SpringFest

Awards will be presented by the Band Shell following the conclusion of the race. After the awards, treat yourself to the rest of what the Jefferson Craft Show and SpringFest has to offer, including Scout Competitions, childrens games, fine food, music and more!!!

Name:	Official Use:
Address:	Sex: <input type="checkbox"/> M <input type="checkbox"/> F
City: State: Zip:	Phone:
Events: <input type="checkbox"/> 5k Race <input type="checkbox"/> 5k Walk T-Shirt: Adult <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL Age Groups: <input type="checkbox"/> 19 under <input type="checkbox"/> 20-29 <input type="checkbox"/> 30-39 <input type="checkbox"/> 40-49 <input type="checkbox"/> 50-59 <input type="checkbox"/> 60 over	Email:
I know that running is a potentially hazardous activity. I should not enter and run in the race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete in the run. I assume all risks associated with running including, but not limited to, falls, weather conditions, contact with other participants, the effects of the road and traffic on the course, all such risk being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Jefferson Ruritan Club and the Frederick Steeplechasers Running Club, plus all event partners, sponsors, and volunteers, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further I grant permissions to all of the foregoing to use any photographs, motion pictures, or any other record of this event for any legitimate purpose without compensation to me.	
Mail Completed form with entry fee to: Jefferson Ruritan Club c/o Joe Harris 3402 Livingston Drive Jefferson, MD 21755 301-473-7215 (payable to) Jefferson Ruritan Club	

Signature (mandatory); must be signed by parents or guardian if entrant is under age 18: Unsigned or illegible entries will be rejected.