

25th Annual Thomas J. Frericks 5K

Saturday, September 16th, 2017

10:00 am



Proceeds will benefit the Department of Health and Sport Science

Course:

Begins at the UD RecPlex and continues through the University of Dayton campus, passing the Thomas J. Frericks building and ending near the UD RecPlex.

Entry Fee:

\$25 - If registered by September 8th *Shirt guaranteed*
\$30 - If registered after September 8th *Shirt not guaranteed*

Make checks payable to: The University of Dayton **OR** register online at www.speedy-feet.com



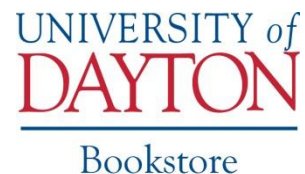
Awards:

Given to the top overall male & female runners as well as the top 3 males & females in each age group:
14&↓ 15-19 20-29 30-39 40-49 50-59 60-69 70&↑

Please send entry form and check to:



The University of Dayton
c/o 2017 Thomas J. Frericks 5K
Department of Health and Sport Science
646-B Fitz Hall
Dayton, OH 45469-2968



****Early Check-In on Friday, September 15th from 3:30-6pm at the RecPlex****

****Race Day Check-In begins at 8:30am at the RecPlex with the Run to begin at 10:00am****

LAST NAME: _____ FIRST NAME: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMERGENCY CONTACT NAME / PHONE: _____

EMAIL: _____

SEX: M ___ F ___ SHIRT SIZE: S ___ M ___ L ___ XL ___ XXL (ADD \$2) ___ AGE (RACE DAY): _____

ALL RUNNERS ARE REQUIRED TO SIGN A WAIVER BEFORE PARTICIPATING IN THE EVENT