



**8TH ANNUAL
FOREVER YOUNG 5K &
THE FREDDY MILE
SATURDAY OCTOBER 7TH, 2017 @
9:30 AM**



SPONSORED BY THE SENECA FALLS RECREATION CENTER

Freddy Morganti was a young, vibrant 13 year old that loved life and lived it to the fullest. Like many, Freddy was a young man that enjoyed football, wrestling and baseball. On April 12, 2010 Freddy died suddenly and unexpectedly. In his honor, his parents have created three scholarships for students that enjoy and have excelled at those same sports.

The Mission: Our mission is to raise funds to graciously support these scholarships and bring a fun community event to Seneca Falls and the surrounding area in honor of Freddy. All profits will go to the scholarship fund.

Events: There will be a 5K for all ages and a 1 mile Fun Run for 12 yrs and younger.

The Course: The course is flat and fast and will provide a nice opportunity to post great times! The course has been certified by USATF.(NY11114KL)

Race Location: Both races start and end at Kids Territory on West Bayard Street in Seneca Falls.

Race Day Packet Pick-up & Registration: Begins at 8:00 am and will close at 9:00 am

Race Start: 1 Mile Run begins at 9:30 am and 5K begins at 10 am

Age 5K: 12 & under, 13-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

Categories: Freddy Mile (Max age is 12): 6 & under, 7-8, 9-10, 11-12

Registration Fees: Before September 24th: Individual 5K=\$20 1 Mile Fun Run=\$10 Individual
After September 24th: Individual 5K=\$25 1 Mile Fun Run=\$15 Individual



5K & 1 Mile Fun Run Registration Form (please print) – or -- Register online at www.ForeverYoung5K.com

FUN RUN PARTICIPANTS MUST REGISTER BY THIS FORM!!

Check Which Race: 5K Freddy Mile

Last Name: _____ First Name: _____

Address: _____ City / State / Zip: _____

Phone: _____ Email: _____

Gender: Male Female Date of Birth: _____ Age on Race Day: _____

T-shirt size: Youth-SM Youth-M Youth-L Adult-SM Adult-M Adult-L Adult-XL Adult-XXL

I have read and agree with the waiver below:

Signature: _____ Date: _____

Signature of parent or guardian if under 18: _____ Date: _____

Waiver :

I understand that a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with this event including but not limited to contact with other participants, foul weather, water hazards, traffic and road conditions; all such risks being accepted by me. I, for myself and anyone entitled to act on my behalf, waive and release the all Forever Young 5K race organizers, event sponsors and volunteers, the whole of Seneca Falls and Seneca County from all claims and liabilities of any kind arising out of my participation in this event.

Send completed entry form & Check made out to “Forever Young 5K” to: Forever Young 5K
3195 East Bayard Street Ext
Seneca Falls, NY 13148