

The Frankfort Trifecta: The Frankfort Trifecta is a Running Series established in 2011. It combines three successful city races into a sequence of progressively longer distance run/walk events. The mission of the Series is to help promote a healthy lifestyle in Central Kentucky and is a collaborative effort between Good Shepherd School, Pro.Active Physical Therapy and the Frankfort YMCA. The goal of the race series is to offer opportunities for physical activity, which helps individuals reach their fitness goals.

Race Series T-Shirt: In addition to the individual race t-shirts, the first 300 participants registering for all three races will get an official Frankfort Trifecta short sleeve performance t-shirt provided by Cool Comfort Body & Sole. This commemorative race series t-shirt will be available for pick up at Cool Comfort Shoe's new location (1226 Hwy 127 South) from May 1st thru June 30th.

Recognition: All participants that complete each race will be recognized on the Frankfort Trifecta facebook page, in The State Journal and at the awards ceremony at the final event.

Training Program: Upon request, participants will receive a 12-week Training Program that begins in March and concludes with the Activate America 5 Miler. Included in the booklet will be novice and advanced training programs, plus helpful tips for safe and effective training. Training program information can also be downloaded at the www.proactivetherapy.org or the Frankfort Trifecta facebook page.

Race Series Awards: Individuals that participate in all three races (3K, 5K and 5 Miler) will be eligible for the Frankfort Trifecta Overall Prizes. Overall male and female and the top three male and female finishers in the following categories will be recognized:

- Youth (17 & under)
- Open (18-39)
- Master's (40-59)
- Grand Master's (60+)

Registration: Participants are encouraged to register online at www.frankfortymca.org and provide an email address to receive race updates and information. Participants may register for one, two or all three races either online or by using this registration form. Registration forms can also be dropped off at the Frankfort YMCA, Good Shepherd School or Pro.Active Therapy.

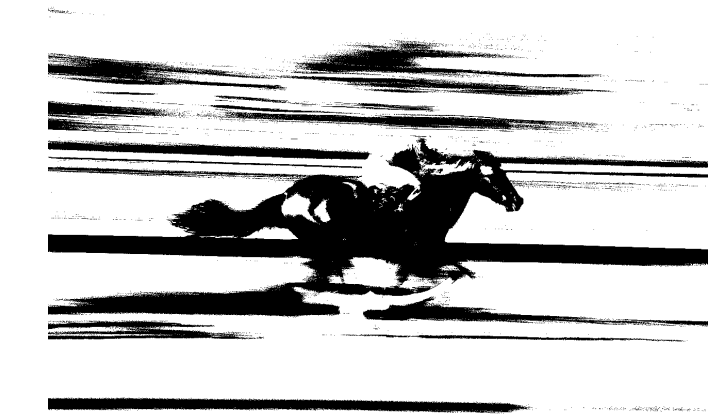
NEW THIS YEAR! Electronic Chip Timing for all Races!
Grand Master's Awards Category!

2012 Frankfort Trifecta Sponsors



The Frankfort Trifecta Run/Walk Series
C/O Frankfort YMCA
77 C. Michael Davenport Blvd.
Frankfort, KY 40601

Non-Profit Org.
U.S. Postage PAID
Permit No. 263
Frankfort, KY
40601



THE FRANKFORT TRIFECTA RUN/WALK SERIES

Run for the Gold 3K
• March 17, 2012
Pro.Active for Life 5K
• May 18, 2012
Activate America 5 Miler
• June 16, 2012
www.facebook.com/frankforttrifecta

Race Packet Pickup: Early registrants can pick up their race packets at the following downtown Frankfort locations:

Run For Gold 3K: Marcus Bldg, 311 St. Clair Street
3/16 from 12-7pm & 3/17 from 2-6pm

Pro.Active 5K: Marcus Bldg, 311 St. Clair Street
5/17 from 3-7pm & 5/18 from 8am-6pm

Activate America 5 Miler: Downtown YMCA
6/16 & 6/17 from 8am-5pm or 6/18 from 7-8am at the State Capitol

T-Shirts: All participants will receive one shirt for each race entered. The Run for Gold shirts are long sleeved; the 5K and 5 Miler are short sleeved. You can upgrade the 5K & 5 Miler to a performance shirt for \$10 more if registered one month prior to the race. The Frankfort Trifecta short sleeved performance shirts are available to the first 300 participants that register for all three races and may be picked up at Cool Comfort (1226 Hwy 127 South) from May 1st to June 30th.

Late Registration: Each race has a \$25.00 late registration fee. Late registrants will not be guaranteed a race shirt.

Race Course Routes: Each race course route can be viewed at mapmyrun.com or at each race website.

Awards: Individual awards include top 3 finishing male & female in each age group and top 3 individual male & female overall. Top Team Awards presented to the team with the fastest finishing time in the Pro.Active 5K & the Activate America 5 Miler. Awards are also given to the overall and top age group male & female First Timers in the Pro.Active 5K plus to the top 3 schools who have the most participants crossing the finish line. Individuals are eligible for both individual and team awards.

Websites: Please refer to the following race websites for information about specific prizes awarded to race participants and up to date race information:

The Frankfort Trifecta: www.facebook.com/frankforttrifecta

Run For the Gold 3K: www.gssfrankfort.org

Pro.Active for Life 5K: www.proactivetherapy.org

Activate America 5 & 2 Miler: www.frankfortymca.org

Good Shepherd Irish "Run for the Gold" 3K Fun Run/Walk

Presented by Kentucky Employee's Credit Union - March 17, 2012 - 6:30pm - Downtown Frankfort

Benefiting the Visual and Performing Arts Program at Good Shepherd School

The Good Shepherd *IRISH* "Run for the Gold" 3K Fun/Run Walk has been on St. Patrick's Day since 2009. This downtown Frankfort event benefits the Visual and Performing Arts Program of Good Shepherd School (PK- 8th grades) and also encourages healthy living. The "Run for the Gold" complements the events planned by many of the downtown merchants for an evening of great St. Patrick's Day fun. For more information, please contact Anne Taylor Renshaw, atcamp@dcr.net, 502.320.1074 or visit www.gssfrankfort.org.

Pro.Active for Life 5K Run/Walk

Presented by Pro.Active Physical Therapy - May 18, 2012 - 6:30pm - Downtown Frankfort

Benefiting the United Way of Franklin County

Since its inception in 2007, the Pro.Active 5K has raised over \$24,000 for the United Way of Franklin County and distributed thousands of gently used shoes locally and nationally. Components of the "Not Your Everyday 5K" continue to include educational information (free Lunch & Learns presented by local professionals (physical therapist, dietician and psychologist), training booklets, and emails), mentoring runs for both experienced and new run/walkers, "First Timer" and age group awards, and an exciting outdoor evening of music and awards in historic downtown Frankfort following the race. Over 600 people have participated as "First Timers" and the number of youth participating, as part of the Pro.Active 5K School Challenge, has increased 400% since our first race. We are proud to be the second leg of the Frankfort Trifecta! For more information, contact Debbie Brown, P.T., ptmomdb@cwweb.net, (502)320-9168 or visit www.proactivetherapy.org.

Activate America 5 Mile Race and 2 Mile Walk

Presented by Commonwealth Credit Union - June 16, 2012 - 8:30am - Kentucky State Capitol

Benefiting the Frankfort YMCA Annual Giving Campaign

This is the 6th year the YMCA has had a spring race and the 3rd year the event has been a 5 Miler. The race distance was changed from a 5K to create a longer race distance in Franklin County. This scenic course starts at the State Capitol and goes through Downtown Frankfort and along the Kentucky River. A Two Mile walk option is also available for those participants that do not want to complete the entire Five Mile distance. All proceeds from this event support the Annual Giving Campaign which helps provide assistance for children and families in Franklin County so that they can participate in YMCA programs and memberships. In five years, over \$20,000 has been raised through this event. For more information contact Zack Hall, zack@frankfortymca.org, 502.875.9276, ext. 102 or visit www.frankfortymca.org.

Tear off and return entry form and check payment to Frankfort YMCA, 77 C. Michael Davenport Blvd., Frankfort, KY 40601

Name: _____ Address: _____

City: _____ ST: _____ Zip _____ Phone: (_____) _____

Email: _____ Date of Birth: ___ / ___ / ___ Age: _____

Gender: ___ M ___ F Team Name: _____

Shirt Size: (check one) ___ No shirt, please donate the cost of the shirt to the event proceeds.

___ Youth Small ___ Youth Medium ___ Youth Large ___ Small ___ Medium

___ Large ___ XL ___ 2XL (\$3 fee) ___ 3XL (\$3 fee)

REGISTRATION OPTIONS - entry fee payable to the Frankfort YMCA				Additional Questions
Check all that apply	Description	Deadline	Amount	
<input type="checkbox"/>	The Frankfort Trifecta (includes all three races)	3/15/12	\$55.00	___ The Pro.Active 5K will be my first 5K or I have not participated in a 5K or longer race in the last five years. ___ I plan to participate in the 2 Mile walk and not the 5 Mile Race. ___ I would like to receive a 2012 Training Booklet. ___ I am interested in volunteering to help before or at a race event. ___ I am interested in being a sponsor of a race event.
<input type="checkbox"/>	Good Shepherd Irish Run for the Gold 3K only	3/15/12	\$17.00	
<input type="checkbox"/>	Donation to Good Shepherd School		\$ _____	
<input type="checkbox"/>	Pro.Active for Life 5K only	5/16/12	\$18.00	
<input type="checkbox"/>	Technical Shirt upgrade for Pro.Active 5K race	4/16/12	\$10.00	
<input type="checkbox"/>	Donation to United Way of Franklin County		\$ _____	
<input type="checkbox"/>	Activate America 5 Mile Race/2 Mile Walk only	6/14/12	\$20.00	
<input type="checkbox"/>	Technical Shirt upgrade for 5 Mile Race	5/18/11	\$10.00	
<input type="checkbox"/>	Donation to the YMCA Annual Giving Campaign		\$ _____	
<input type="checkbox"/>	Shirt Size Upgrade (2XL & 3XL only)		\$ 3.00	
TOTAL PAYMENT ENCLOSED			\$ _____	

**Each race's late registration fee is \$25.

RELEASE OF RESPONSIBILITY (Must be signed by participant or by parent/guardian if under 18)

Runners must be careful to register and run under their proper name, sex and age division to avoid disqualification. In consideration of accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, my executors and administrators, do waive and release forever, any and all rights and claims for damages I may accrue against all persons and agencies, namely Good Shepherd School, Pro.Active Physical Therapy and the Frankfort YMCA, all of its agencies and any Frankfort Trifecta Race sponsors involved with promoting the race as listed by their successors, representatives, and assigns for any and all injuries suffered by me while traveling to and from and while participating in any Frankfort Trifecta competition on either March 17, May 18 or June 16, 2012 in Frankfort, KY or during any run mentoring sessions affiliated with the Frankfort Trifecta Series. I further state that I am in proper physical condition to participate in this event. I also release publication rights to photographs taken of me during any Frankfort Trifecta Running Series event for purposes of publicity for this and future Frankfort Trifecta Run/Walk series events.

SIGNATURE DATE PARENT SIGNATURE (If under 18)