

— FALLING LEAVES SPONSORS —



— KIDS KILOMETER SPONSORS —



— MEDIA SPONSOR —

Galaxy Communications



UTICA
Roadrunners
INC.
PO Box 4141
Utica, NY 13504



14k Race is a USATF
Adirondack Association Grand Prix Event

Brooks long sleeve technical shirts
to the first 1500 registered runners.

Non Profit Org.
U.S. Postage
PAID
Permit No. 26
Utica, New York

COURSES

All races start and finish on Genesee Street in downtown Utica adjacent to the Radisson Hotel.

The **USATF Certified 5k** runs on the flat and fast streets of Utica. The **Scenic 14k** course winds through the hilly switch-backs of Utica's beautiful South Woods.

To be a part of the USATF Grand Prix, you must be a member of USATF. To join, go to www.usatf.org, or call 518-273-5552

KIDS KILOMETER

The annual Kids Kilometer Fun Run is sponsored by The Fitness Mill and McDonald's. Applications will be available at area McDonald's and the Radisson Hotel during packet pick-up. Ages 2-7 will run 1/2k. Ages 8-12 will run 1k. There is no fee.

STARTING TIMES

Kids Kilometer Fun Run:	8:15 am
14k Race:	8:50 am
5k Wheelchair Race:	8:55 am
5k Race:	9:00 am

REGISTRATION

By Mail: Before Sept. 1 \$22.00
Sept. 1 thru Sept. 18 \$24.00

• 25¢ of each entry supports the Distance Running Hall of Fame
No applications postmarked after Sept. 19 will be accepted!

Online: Register at Active.com

In person: At Packet pickup at the Radisson:

Sept. 26 from 9 am to 5 pm	\$27.00
Day of Race from 6:45 am to 8:15 am	\$32.00

NO REFUNDS • \$25.00 FEE FOR RETURNED CHECKS

If you arrive at registration and your application has not you must pay that day's rate. You will be reimbursed once your original payment is received.

PACKET PICKUP

Race packets can be picked up on Saturday Sept. 26 from 9:00 am to 5:00 pm, and on race day from 6:45 to 8:30 am at the Radisson Hotel, 200 Genesee Street in downtown Utica. Runners are encouraged to pick up their packets on Saturday.

T-SHIRTS

Brooks long sleeve technical t-shirts brought to you by the Sneaker Store. Runners are encouraged to pre-register for proper sizes.

EXPO

The Expo will be at packet pick-up and features sport vendors such as National Running Center. The expo will be at packet pick-up and features sport vendors as well as a clinic "Taking steps toward your first marathon. Check www.uticaroadrunners.org for more details

INFORMATION

For additional information visit www.uticaroadrunners.org or email mbrych@nhart.org.

DRESSING FACILITIES

Showers and dressing facilities are available at the Radisson Hotel from 7:00 am to Noon. Bring your own towel and soap.

FOOD

Post race food is available to all runners

AWARDS CEREMONY

Ceremony will start shortly after the race. Computerized results will be posted as soon as they are compiled.

Results will be posted at www.leonetiming.com.

5K AWARDS

Awards will be presented three deep in the following male and female divisions:

Overall	Under 13	13-17	18-24	25-29
30-34	35-39	40-44	45-49	50-54
55-59	60-64	65-69	70-74	75-79
80+				

Wheelchair: First overall male and female.

14K AWARDS

Awards will be presented three deep in the following male and female divisions:

Overall	Under 18	18-24	25-29	30-34
35-39	40-44	45-49	50-54	55-59
60-64	65-69	70+		

PRIZE MONEY

Awarded to male and female in each race. \$3400 total.

Place:	5k	14k
1st Overall	\$300	\$300
2nd Overall	125	125
3rd Overall	50	50
1st Master (40+)	50	50
New Course Record	100	100
Wheelchair	50	

COURSE RECORDS

5k:			
Male	14:19	Alene Reta	2006
Female	16:37	Alisa Hill	1997
14k:			
Male	42:56	Leonoid Shvetsov	1995
Female	51:59	Charleen Lyford	1997

ENTRY FORM

Official Use Only

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Last Name														
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First Name														
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City														
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State	Zip	Age as of 9/27/09	Sex											
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Phone Number														

Race: 5k 14k Wheelchair 5k
Helmet Required

T-Shirt Size: (S, M, L, XL) T-shirt size not guaranteed

USATF Grand Prix Runner USATF # _____
Required for Grand Prix Scoring

Email:

Entry Fee: (see Registration on left panel)	\$ _____
Utica Roadrunners Member Discount (-\$2.00)	\$ _____
Total	\$ _____

Note: Sorry but no strollers, pets or headphones allowed.

Due to time restrictions walkers are discouraged from participating in the 14k race, the finish line will close at 10:30 am.

WAIVER

I know that running a road race is a potentially hazardous activity. I should not enter 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 complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Radisson Hotel, the Utica Roadrunners Club, the City of Utica and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Parent's Signature if under 18 yrs. _____ Date _____

Make checks payable to: Utica Roadrunners

Mail to: Utica Roadrunners
c/o Marie Seiselmyer
733 Deerfield Drive East
Utica, NY 13502