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*Roadrunners*  
Inc.

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The Utica Roadrunners  
Proudly presents:

*The New S. O. S*

*Save Our Switchbacks*



4.7 Mile Road Race  
1/2 a Boilermaker

Sunday, August 9, 2009

Race Time: 9:00 am  
Children's: 8:40 am

# Save Our Switchbacks Project

In the Spring of 1996, following a particularly harsh winter, the 2-mile South Woods trail through the Roscoe Conkling Park had deteriorated to a safety hazard. Responding to the imminent loss of the South Woods trail, the Utica Roadrunners prevailed upon the city to allow the club to temporarily repair the most severely damaged sections, reopen the trail and embark on a long term plan to restore the South Woods trail. Thus was born the Save Our Switchbacks Project.



The Save Our Switchbacks Project was broken down into three parts. First, to restore the entrance to the South Woods by constructing a pedestrian friendly gate system and repairing the roadway. Second, to correct the water runoff problem by replacing culverts where necessary and improving the drainage ditches. Third, to repave the entire 2-mile stretch of the South Woods trail. All three parts of the S. O. S. Project are now completed and the application of a sealer is scheduled for the future. Thousands in cash contributions and donated services have been dedicated in support of the Save Our Switchbacks Project to date.

## Starting Times

Race: 9:00am 4.7 miles(1/2 a Boilermaker)

Fun Runs: 8:40am

## Course:

- *Challenging*-Lots of Hills
- *New*-Not the same S.O.S  
(1/2 a Boilermaker)
- *Fun*- It's a family event

## Entry Fees

\$15.00 if received on or before August 5th

\$20.00 if received after August 5th

## Children's Fun Runs are free

(Shirts for children will be available for \$5.00-see Entry Form)

## Registration by mail to:

Phyllis Petrillo

34 Cheyenne Crescent

Whitesboro, NY 13492

## Please make checks payable to:

Utica Roadrunners S.O.S. Fund

*Race Day Registration*

starting at 7:00 am  
at the Parkway Ski Chalet

## T-Shirts

T-Shirts will be guaranteed to all those whose registration forms are received on or before August 5th. As quantities permit, t-shirts will be given for registrations received after August 5th and on race day. This includes children registered for Fun Runs.

## Awards

Awards will be given to the first place female & male overall, and also the top three females & males in the following age groups:

Under 20	30-39	50-59
20-29	40-49	60 & over

*(There will be no duplicate awards.)*

Ribbons will given to all the participants in the Children's Fun Run.

**The awards ceremony will be no later than 11am at the Parkway Ski Chalet. Computerized race results will be posted as soon as they are compiled,**

**Post Race Refreshments will be available after the Race at the Parkway Ski Chalet**

## Entry Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Age as of 8/9/09: \_\_\_\_\_

Sex: (circle one) M F

Race: (circle one) 5-Mile FUN RUN

T-Shirt Size: (circle one) S M L XL

Children's Fun Run T-Shirts: S M L XL  
*(Children's Fun Run is FREE, but T-shirts are available for \$5,*

## Waiver Form

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 this race. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, effects of the weather, including heat and/or humidity, traffic and the conditions of the road, all 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 Utica Roadrunners Club, the City of Utica, all officials, 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 or Guardian Signature  
*(if under 18)*

\_\_\_\_\_  
Date

