

22nd Annual



5 Mile Road Race

June 21, 2009

Kid's Race 7:30 a.m.

Women's Race 8:00 a.m.

Men's Race 9:00 a.m.



5 Mile Course

This USATF certified 5 mile course starts on Sherman Dr. near Mohawk Valley Community College, proceeds down South Park Dr. to Proctor Park, loops through the park and returns to MVCC along the bicycle path. **Baby joggers, pets, headphones and roller blades are not allowed under USATF and RRCA rules.**

Kids Race

2-4 yrs run 1/4 mile • 5-8 yrs run 1/2 mile • 9-12 yrs run 1 mile

Entry Fee

Utica Roadrunners Members - \$15.00 Pre-registration.
\$17.00 Pre-registration - Must be Postmarked by June 13, 2009.
\$19.00 Day of Race

There is no registration fee for the Kids Race
Make checks Payable to the Utica Roadrunners. • No refunds

Race Day Registration

Registration is 7:00—8:30 am at the MVCC gymnasium.
7:00—7:30 for Kids and Women; 7:30—8:30 for Men

T-shirts

Available to all pre-registered runners. (Shirt size not guaranteed)

Facilities

Dressing and Shower facilities are available at the MVCC gym from 7:00 am to 12:30 pm.

Refreshments

Fruit and Beverages will be available after the race.

Awards

Awards will be given to the top three finishers and age group winners in the Women's and Men's Races:

Under 15 • 15-19 • 20-29 • 30-34 • 35-39 40-44 • 45-49 • 50-59 • 60-69 • 70+
Special team awards sponsored by Babe's Macaroni Grill & Bar will be awarded for the fastest combined times in the following Family categories:
Mother/Daughter • Father/Son • Sister/Sister • Brother/Brother
Sister/Brother • Mother/Son • Father/Daughter • Husband/Wife
Grandparent/Grandchild

Information

For more information contact Paula May at 4pmay@roadrunner.com

USATF Adirondack Association Grand Prix Road Race Series Event

Entry Form

Official use only

Name _____

Address _____
Street City State Zip Code

Phone _____ Age (as of 6/21/09) _____ Sex M F T-shirt size: Medium Large X-large

USATF # _____ if applicable Kid's X-Small Small Medium Large

Family Team Entry - Please submit applications together. (One team entry only)

Family Name _____

Teammates Name _____

- Mother/Daughter
- Father/Son
- Sister/Sister
- Brother/Brother
- Sister/Brother
- Mother/Son
- Father/Daughter
- Husband/Wife
- Grandparent/Grandchild



Waiver

I know that running a road race is potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of 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 MVCC, 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 _____

Parents Signature if under 18 _____

Please mail with payment to: Linda Turner, 152 Paris Road, New Hartford, NY 13413