

The Triple Cities Runners  
Club presents the

39th Annual

# Forks XV

15 Kilometer Road Race

Sun. March 25, 2012

2:00 PM (see page 2)

Registration

12:00 PM to 1:45 PM at Chenango

Forks High School located on

Patch Rd, off of

Upper Front St. (NYS Route 12)

Entry Fee:

\$7 TCRC members until March 18

\$12 with shirt

\$10 non-members until March 18

\$15 with shirt

\$15 after March 18 - all applicants

no shirts day of race

Make checks payable to: TCRC

Online registration available

See website address on back

Mail application and check to:

Tom Hamlin - TCRC

885 N. Longford Lake Road

Brackney, PA 18812

Contact Tom at 570-663-2030 or

Hamlin918@cs.com

**Awards:**

Male

First overall \$50

Second overall \$30

Third overall \$20

First Masters \$20

Age Group Awards

1-19 1st - 2nd 45-49 1st - 6th

20-29 1st - 2nd 50-54 1st - 4th

30-34 1st - 2nd 55-59 1st - 4th

35-39 1st - 4th 60-69 1st - 2nd

40-44 1st - 6th 70 up 1st - 2nd

Female

First overall \$50

Second overall \$30

Third overall \$20

First Masters \$20

Age Group Awards

1-19 1st - 2nd 40-44 1st - 2nd

20-29 1st - 2nd 45-49 1st - 2nd

30-34 1st - 2nd 50-59 1st - 2nd

35-39 1st - 2nd 60-69 1st - 2nd

70 up 1st - 2nd

**No duplicate Awards**

\*\*IF CASH AWARD IS WON BY COLLEGE \*\*  
OR HIGH SCHOOL STUDENT WITH RUNNING  
ELIGIBILITY, THE MONEY WILL BE DONATED  
TO CHARITY OF WINNER'S CHOICE.  
ATROPHY WILL BE PROVIDED LATER.

**Course Records:**

Male: Tom Carter 46:15 1982

Female: Cindi Girard 54:01 1994

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Early Start (1:45 PM) Y/N \_\_\_\_\_

Sex M F Age on race day \_\_\_\_\_ Date of Birth \_\_\_\_\_ Telephone number \_\_\_\_\_

Street Address \_\_\_\_\_ E-mail Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Club \_\_\_\_\_

Shirt size (Tech shirts, men's and women's cuts) - preregistered runners only if desired (circle one) S M L XL

**2012 Forks XV Waiver:** I know that running a road race is potentially a hazardous activity. I should not enter and run 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 the risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of weather, traffic, and the conditions of the roads, 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 race organizers, the Triple Cities Runners Club, the Chenango Forks School District, 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. No running strollers, animals, or headsets/earbuds allowed during this race.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature (if under 18 years old) \_\_\_\_\_ Date \_\_\_\_\_

**2 STARTS - 1:45pm for runners who think they will take longer than 1 hr and 45 minutes. 2:00pm for the main field. This is for safety and reducing the volunteers' time on the course. IF YOU WANT TO START AT 1:45PM, PLEASE INDICATE ON YOUR APPLICATION.**

**Heated cafeteria before and after race.**

**Showers available.**

**Waterstops at 2 miles, 4 miles, 6 miles, 7.7 miles & Finish.**

**Tech Shirts with both men's and women's cuts - preregistered runners only**

**Ambulance on the course.**

**Mile-markers**

**First mile time check**

**All finishers receive finisher's memento.**

**Refreshments available after race.**

**Finish results will be in the TCRC web-site. [Triplecitiesrunnersclub.org](http://triplecitiesrunnersclub.org)**

**No shirts for day of race registrants.**

**No refunds.**

**No, pets, strollers or wheeled devices allowed on course.**

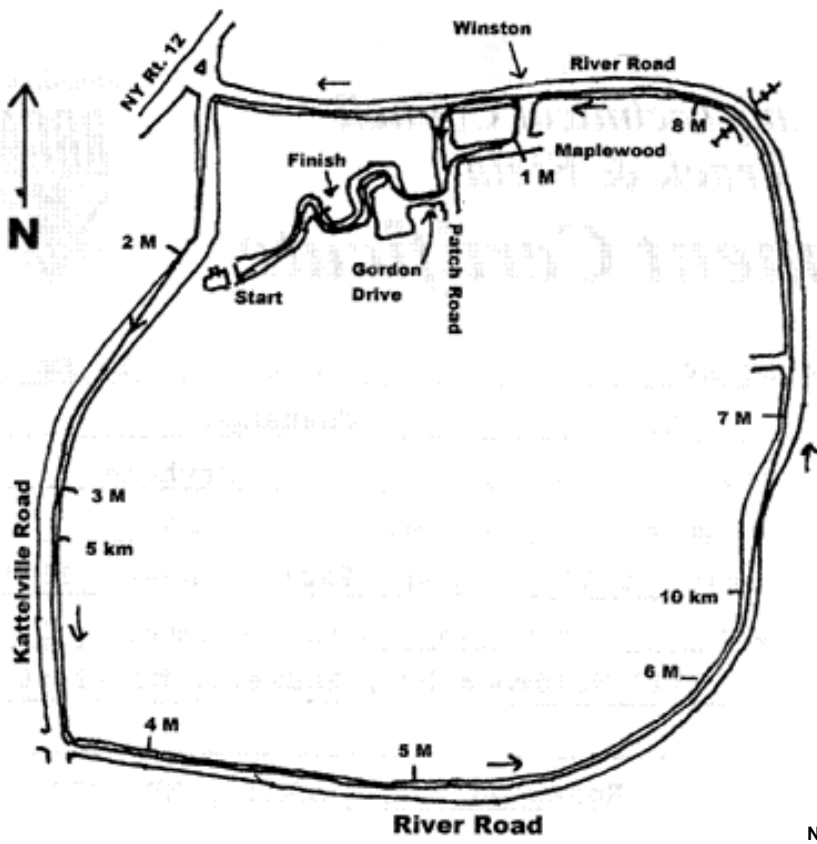
**No device headsets or earbuds.**

**Use of these items will result in disqualification and your place and time being removed from race results. This is for everyone's safety.**

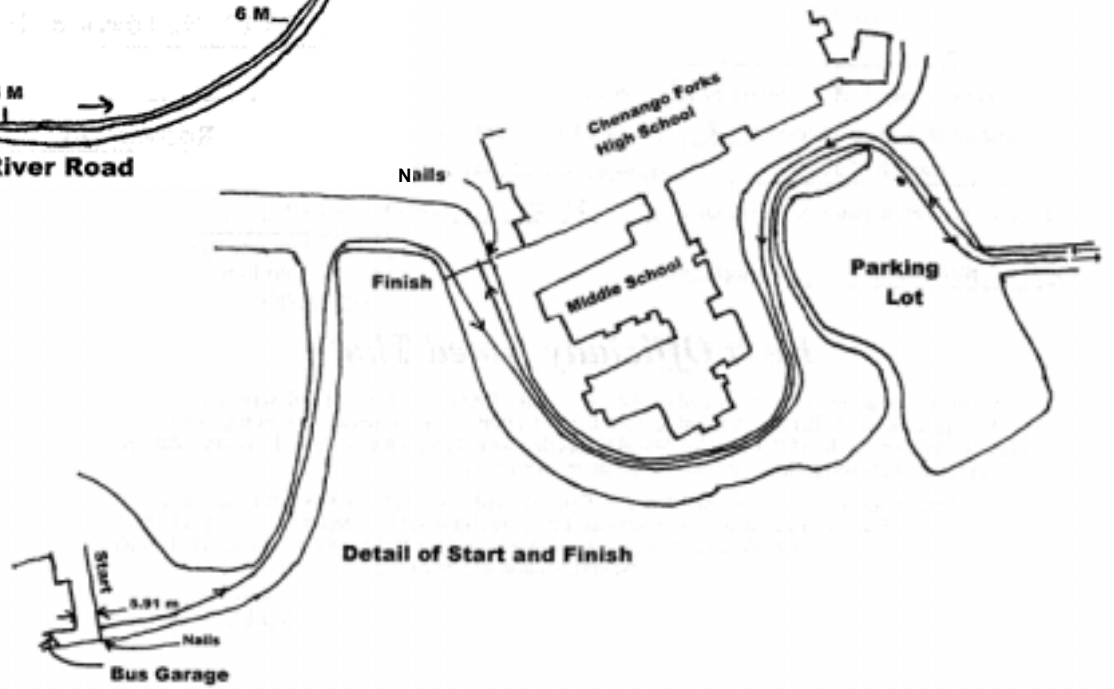
**ON-LINE REGISTRATION = <http://www.raceit.com>**

**FEE will be picked up by TCRC**

Tom Hamlin - TCRC  
885 N. Longford Lake Rd.  
Brackney, PA 18812



**Course Map**



**Detail of Start and Finish**