

**Triple Cities Runners Club and Broome County Parks Dept. Present
24th Annual RRCA Women's Distance Festival**



5k Run and Walk

Tuesday, August 26, 2008 at 6:30PM

**Otsiningo Park,
Binghamton, New York**

Women and girls of all ages and abilities—come celebrate Women's Running!

Course: Flat, fast scenic and partly shaded course mostly on paved trail at Otsiningo Park; Start and Finish at the upper Shelter by the upper restrooms; 5K Certified.

Fees: \$8 if pre-registered by 8/23
\$6 for girls 18 years & Under who pre-register by 8/23
\$6 for all TCRC members and walkers who pre-register by 8/23
\$10 for all on Race Day

Race Day Registration: Upper Shelter by the upper restrooms at Otsiningo Park, 5:30-6:15PM

Awards: ~Cash Awards for Overall and Masters (\$30-20-\$10)
~Age Group Awards (12 & Under, 13-15, 16-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+).
~Fastest First Timer Award (if this is your FIRST EVER 5K check below)
~Team Awards: Mother/Daughter, Sister/Sister,
Grandmother/Granddaughter

To Register: Fill out entry form below, sign waiver on back & send with check payable to TCRC to:

*Suzanne Myette
24 Edgewood Road
Binghamton, New York 13903*

For More Info: Contact Suzanne Myette (607) 722-0906 or e-mail TCRunnersClub@aol.com

LAST NAME _____

FIRST NAME _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP _____

Age on Race Day: _____ Check If First 5k Ever _____

Team Event (circle one): Mother/Daughter Sister/Sister
Grandmother/Granddaughter

Waiver:

I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running this event, including heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I acknowledge that my entry fee is non-refundable, including if the race is canceled because of an act of nature. I understand that bicycles, skateboards, baby joggers/ carriages, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this rule. 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, Broome County and all other race sponsors, from all claims or liabilities of any kind arising from my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the sponsoring bodies. This release shall be binding upon my heirs, administrators, successors and assigns and those of the sponsoring organization. By this release I fully intend to discharge the said organizations from any and all injuries or losses suffered by me while participant in and traveling to this event.

Signature: _____

Date: _____

(If under 18, both runner and parent must sign.)