

MILL CREEK CAFE Presents
RALLY ROUND THE VALLEY

18 Miles Around the Lake - Solo * 2 Person Relay * 3 Person Relay * 9 Mile Walk



HOSTED BY HONEOYE CENTRAL SCHOOL CROSS COUNTRY

SATURDAY, APRIL 9, 2016

9AM START

WHERE: Honeoye Central School, 8528 East Main Street, Honeoye, NY, 14471

COURSE: The course begins on the Main Street side of HCS and travels counterclockwise around Honeoye Lake. This race can be done as an individual or as a 2 or 3 person relay. There is also a 9 mile walk option. The entire route is rolling hills.

REGISTRATION: HCS cafeteria. Check-in 6:45AM-8:45AM. You must personally come to packet pickup and show a photo ID to receive your bib. No exceptions will be made!

REGISTRATION FEES:

- 18 mile individual = \$60 (1/1-2/29); \$70 (3/1-3/31); \$80 (4/1-4/8) **HCS Student** - \$50
- 18 mile 2 person relay = \$100 (1/1-2/29; \$120 (3/1-3/31); \$130 (4/1-4/8) **HCS Students** - \$80
- 18 mile 3 person relay = \$140 (1/1-2/29; \$ 155 (3/1-3/31); \$170(4/1-4/8) **HCS Students** - \$110
- 9 mile WALKERS ONLY = \$55 (1/1-2/29; \$65 (3/1-3/31); \$75 (4/1-4/8) **HCS Student** - \$45

GENERAL INFORMATION: Pre-race yoga with Leslee Schenk Trzcinski from Tune Yoga.

Participants must complete the distance by 1:30PM. After that there will be no en route support. Long sleeved shirt designed by local artist, Jeff Moores. Finishers medal from Wizard of Clay Pottery. Post race food compliments of Mill Creek Cafe. Race is sanctioned by USATF.

QUESTIONS: Contact Coach Bob Stewart, Karen Emmerling or Erika Asquino (585) 229-5171 or e-mail kemmerling@honeoye.org

Please make checks payable to: **HCS Cross Country**

Mail to: Karen Emmerling, Race Director, Honeoye Central School, PO Box 170, Honeoye, NY. 14471

NAME: _____

ADDRESS: _____

PHONE: _____ E-MAIL: _____

MALE _____ FEMALE _____

AGE ON RACE DAY: _____ SHIRT SIZE: (circle one) **S M L XL** *Available if you register by 3/31*

RELAY INFO (if applicable): 2 Person 3 Person(Choose One) Team Name _____

NAME: _____

ADDRESS: _____

PHONE: _____ E-MAIL: _____

MALE _____ FEMALE _____

AGE ON RACE DAY: _____ SHIRT SIZE: (circle one) **S M L XL** *Available if you register by 3/31*

NAME: _____

ADDRESS: _____

PHONE: _____ E-MAIL: _____

MALE _____ FEMALE _____

AGE ON RACE DAY: _____ SHIRT SIZE: (circle one) **S M L XL** *Available if you register by 3/31*

PLEASE READ AND SIGN THE WAIVER BELOW!

WAIVER: I know that running a race is a potentially dangerous activity. I understand that I, or the person(s) I am responsible for, will be subjected to variable weather conditions and inevitable irresponsible drivers. I assume all risks associated with this event including, but not limited to, falls, contact with other persons, traffic, and road conditions. I certify that I, or the person(s) I am responsible for, is of strong body and spirit and truly capable of the challenge of this event. Therefore, I for myself, or for the person(s) I am responsible for, release Honeoye Central School Class of 2011 and their advisors, Honeoye Central School, all sponsors, agencies, municipalities, and any other person involved with this event, from any liability that may be incurred by myself or the person(s) that I am responsible for, as a result of my/his/her participation in this event. I understand that my entry fee is NONREFUNDABLE!

SIGNATURE _____ DATE _____

Parent or guardian must sign if under 18 years of age