



11th Annual INNER HARBOR 5K

Syracuse, New York

Sunday October 6 2019

To Benefit the programs/services of It's About Childhood & Family, Inc. (iacaf.org)

Our Event Sanctioned by USATF



- Schedule:** 8:30 a.m. **Children's 2k Peace Run** (Sponsored by Diane E. Gilbert Memorial Fund)
 9:00 a.m. **5-Kilometer (3.1 miles) Race** For Runners: **Massages, Music, Refreshments**
 10:00 a.m. **Awards Ceremony** For the Kids: **Bouncy House, Snacks, Activities, Otto, & More!**
- Course:** This USTAF-certified (NY13099JG) 5k course will start and finish at the Syracuse Inner Harbor (Van Rensselaer St. & W. Kirkpatrick St.). This is a mostly flat and fast course and will go through Franklin Square. The Children's Run is a 2k course.
- Entry Fee:** \$25 for 5k if received by 8/1; \$30 by 9/7; \$35 by 10/4; \$40 10/4 to race day; 2k Run **FREE** (t-shirt \$5) – No Refunds. T-shirts are available in male and female sizes. **Register On-Line at www.RunSignUp.com**
- Awards:** **Finisher medal for all participants.** Overall top 3 male & female. 5k age-group awards to males and females in each of the following age groups: 0-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. Mid-pack prizes will also be awarded as recognition for those who run for the love of the sport. Finishing medals to all children in the Peace Run.
- Packet Pick-Up:** Saturday October 5 from 11:00-3:00 at Fleet Feet Sports (5800 Bridge Street, E. Syracuse NY 13057)
 Sun 10/6 from 7:30-8:45am at the Inner Harbor. There are no changing/showering facilities. Please come dressed to run.
- Results:** **Chrono Track Timing provided by Leone Timing and Results**
 Results posted at the race and will also be available on-line at fleetfeetsyracuse.com
- Questions:** Michael Gilbert 315-382-0541 mgilbert@iacaf.org

Syrathon
FOOT RACE TOUR OF SYRACUSE PARKS



Roller skates, roller blades, baby joggers, headsets (other than hearing aids), and animals present hazards to runners and walkers and are strictly prohibited in the race.

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BIB #

2019 Inner Harbor 5K Entry Form

Please make your check payable to IACAF, Inc. and mail to:
 IACAF, P.O. Box 281, Jamesville NY 13078

5K Race_____ (\$25 by 8/1, \$30 by 9/7, \$35 by 10/4, \$40 from 10/4 to race day) Children's 2k Peace Run_____ (Free, \$5 t-shirt)

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Last Name

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First Name

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Gender

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Age on 10/6

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Street Address

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City

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State

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Zip Code

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Phone

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Date of Birth

<input type="checkbox"/> Youth or <input type="checkbox"/> Adult				
S	M	L	XL	2XL

T-Shirt Size (circle)

E-mail _____ Team/School/Company Name _____

Release: Running a road race requires mental and physical preparation. I agree that I should not run unless I am properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the race. I assume all hazards associated with running this event, including falls, contact with other runners, the effects of the weather, including high heat and humidity, traffic and the conditions of the road, all such risks known and appreciated. Having read this waiver and understanding these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release It's About Childhood & Family Inc., City of Syracuse, and other sponsors, organizers, and successors from all claims or liabilities of any kind arising out of my participation in the event.

Signature: _____

Date: _____

Signature: _____

Date: _____

(Parent's or Guardian's signature if 17 years of age or younger)

INNER HARBOR 5K PLEDGE FORM (Optional)

*PLEASE RETURN COMPLETED FORM WITH CHECKS MADE OUT TO IACAF, INC. PO BOX 281 JAMESVILLE NY 13078

*OR BRING THE FORM AND MONEY TO THE REGISTRATION TABLE ON THE DAY OF THE RACE

NAME	PLEDGE \$ AMOUNT

NAME	PLEDGE \$ AMOUNT

TOTAL AMOUNT RAISED	\$
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All of the proceeds from this event will be used to fund mental health/wellness services for children and families throughout Central NY. Many of our programs are available at 'no fee' and families can 'pay' for services by volunteering back into their communities.

ALL PARTICIPANTS WHO COLLECT DONATIONS FOR IACAF WILL BE ENTERED TO WIN A VARIETY OF PRIZES. THE MORE YOU RAISE THE MORE CHANCES TO WIN. PARTICIPANTS WILL RECEIVE ONE ENTRY FOR EVERY \$5 RAISED.

Name_____	Phone_____
Address_____	
City_____	State_____ Zip_____
Email_____	

