



# CARDIAC HILL RUN

In Memory of Pete Glavin

5 Miles On Trails

Sunday April 10, 2016

9 AM Start

Mendon Ponds Park - Beach Parking Lot

Registration/Awards at Stewart Lodge

Mendon, NY

### Amenities:

- Plaque to 1<sup>st</sup> Place Male and Female
- Champion T-Shirt to Age Group Winners
- Souvenir Glass Mug for Top Three in Each Age Group
- Age Groups: 14 & Under, 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-70, 70+
- Knit Running Gloves to All Participants.
- Awards, Hot Food and other refreshments, fireside at Stewart Lodge post-race

Course Map: <http://www.gmap-pedometer.com/?r=5836886>

Registration: 7:30 AM on race morning in Stewart Lodge. Park in the Beach Parking Lot.

- \$18.00 Pre-registration fee if received by Monday April 4, 2016
- \$25.00 After April 4 and Race Day Registration

Enter on line at <https://runsignup.com/CardiacHillRun>

Make checks to: Genesee Valley Harriers

**Mail to: Jim Glinsky, 49 Tumbleweed Dr. Pittsford, NY 14534**

PRINT LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY/TOWN \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (\_\_\_\_\_) \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_ GENDER: M F

EMAIL \_\_\_\_\_

**WAIVER:** *I know that running a cross country, trail or road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and/or walking in this event including, but not limited to, falls, contact with other runners, the effects of the weather, including high heat and/or humidity and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release, the Genesee Valley Harriers Running Club Inc. including its members and officers, Monroe County – Mendon Ponds Park, the Town of Mendon, the race director, race committee and any and all sponsors and workers from any claims or liabilities of any kind arising out of my participation in this event. I understand that all entry fees are non-refundable. I have read the information provided and certify my agreement and compliance with my signature.*

SIGNATURE \_\_\_\_\_ Parent Signature if under 18 yrs. \_\_\_\_\_

Date: \_\_\_\_\_

Information Contact: Jim Glinsky, Race Director [jglinsky@rochester.rr.com](mailto:jglinsky@rochester.rr.com) or call 585-415-5137