



SOUTHERN TIER RUNNING CLUB

PO Box 117, Corning, NY 14830 | southerntierrunningclub@gmail.com | www.southerntierrunningclub.com



Southern Tier Trail Fest at Grist Iron

WHEN: Sunday, May 6, 2018 at 9:00 AM for the 1 mile, 9:30 AM for the 5k, and 10:45 AM for the 10k

WHERE: Grist Iron Brewing Company, 4880 State Route 414, Hector, NY

PRE-REGISTRATION (online preferred):

<https://runsignup.com/Race/NY/Hector/SouthernTierTrailFestatGristIron>

Or, MAIL ENTRIES TO: *Southern Tier Running Club, PO Box 117, Corning, NY 14830*

- **Make checks payable to: Southern Tier Running Club or STRC**

- **Pre-Registration closes both online and paper: **Wednesday, April 25, 2018** or when cap is met**

- **Early bib pickup** is available Saturday, May 5th from 12:00 PM – 3:00 PM at Grist Iron with \$1 off beer at pickup
- **Race Day Registration and Bib Pickup:** Sunday, May 6th from 8:00 – 10:15 AM at Grist Iron
- **Race is capped at 300 runners**
- For all registered participants, 1 free beer and food at the finish; for spectators, there is beer and food to purchase

COST (Please check which applies, and fill out one form for each family member):



STRC Members	Non-STRC Members
<ul style="list-style-type: none"> • Pre-Registration (Must be received by 4/25/2018) <ul style="list-style-type: none"> <input type="checkbox"/> \$10 1 mile <input type="checkbox"/> \$25 5k <input type="checkbox"/> \$35 10k <input type="checkbox"/> \$50 All three races • On the Spot Registration (only if cap is not reached) <ul style="list-style-type: none"> <input type="checkbox"/> \$15 1 mile <input type="checkbox"/> \$30 5k <input type="checkbox"/> \$40 10k <input type="checkbox"/> \$60 All three races 	<ul style="list-style-type: none"> • Pre-Registration (Must be received by 4/25/2018) <ul style="list-style-type: none"> <input type="checkbox"/> \$15 1 mile <input type="checkbox"/> \$30 5k <input type="checkbox"/> \$40 10k <input type="checkbox"/> \$60 All three races • On the Spot Registration (only if cap is not reached) <ul style="list-style-type: none"> <input type="checkbox"/> \$20 1 mile <input type="checkbox"/> \$35 5k <input type="checkbox"/> \$45 10k <input type="checkbox"/> \$70 All three races

PARKING: Parking attendants will be on site to help you find the most appropriate parking spot the day of the race.

SWAG: A cooler will be given to each pre-registered participant, but they are not guaranteed for participants registering on race day.

AWARDS: Overall winner for Male and Female as well as awards for the first three places in each age group category for the 10k and 5k. Overall winner for Male and Female as well as awards for the first place in each age group for the 1 mile. Those completing all three races will receive a separate finisher medal.

AGE GROUP CATEGORIES: 9 and under, 10-12, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

ADDITIONAL INFORMATION: southerntierrunningclub@gmail.com

First Name:	Last Name:
Gender: Male / Female	Age on race day:
Address:	
City:	State, Zip:
Phone:	Email:
Emergency Contact Name and Phone:	

WAIVER: I know that running/walking a trail 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 any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running the Southern Tier Trail Fest at Grist Iron, including, but not limited to, falls, contact with other participants, effects of weather, including high heat or humidity, traffic and the conditions of the road, 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 Southern Tier Running Club and its race officials, and Grist Iron Brewery and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that any entry fees are non-refundable. I understand that this is a trail race conducted under the rules of RRCA, and that the race takes place on trails that are not completely free of debris.

Signature: _____ Date: _____

Signature of Parent or Guardian if under 18 years: _____