



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



St. Patrick's Day 5k Run/Walk or 10k Run

WHEN: Saturday, March 16, 2019 at 9:00 AM

WHERE: Starts at Chapel Park, 83 Personius Rd, Pine City and ends at Southport Shopping Center, 1411 Broadway St

PRE-REGISTRATION (preferred): Online at SouthernTierRunningClub.com or <https://runsignup.com/Race/NY/PineCity/STRCStPatricksDay5K10KRunWalk>

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

- **Make checks payable to:** *Southern Tier Running Club or STRC*
- **Paper registration forms must be received by: Monday, March 11, 2019**

EARLY BIB PICKUP and ON-THE-SPOT REGISTRATION: Friday, March 15th from 5:00 – 8:30 PM at Chapel Park

ON-THE-SPOT REGISTRATION and BIB PICKUP: Saturday, March 16th from 7:30 – 8:45 AM at Chapel Park

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



5k (RUNNERS & WALKERS)	10k (RUNNERS ONLY, no walkers due to permit time constraints)
Pre-Registration (paper forms must be received by 03/11/19)	Pre-Registration (paper forms must be received by 03/11/19)
<input type="checkbox"/> \$20 STRC members	<input type="checkbox"/> \$25 STRC members
<input type="checkbox"/> \$25 non-STRC members	<input type="checkbox"/> \$30 non-STRC members
<input type="checkbox"/> \$55 3 participants in same household (5k only)	<input type="checkbox"/> \$65 3 participants in same household (10k only or combo)
<input type="checkbox"/> \$65 4 participants in same household (5k only)	<input type="checkbox"/> \$75 4 participants in same household (10k only or combo)
<input type="checkbox"/> \$75 5 participants in same household (5k only)	<input type="checkbox"/> \$85 5 participants in same household (10k only or combo)
On-the-spot Registration (paper only) -	On-the-spot Registration (paper only) -
<input type="checkbox"/> \$25 STRC members	<input type="checkbox"/> \$30 STRC members
<input type="checkbox"/> \$30 non-STRC members	<input type="checkbox"/> \$35 non-STRC members
<input type="checkbox"/> \$60 3 participants in same household (5k only)	<input type="checkbox"/> \$70 3 participants in same household (10k only or combo)
<input type="checkbox"/> \$70 4 participants in same household (5k only)	<input type="checkbox"/> \$80 4 participants in same household (10k only or combo)
<input type="checkbox"/> \$80 5 participants in same household (5k only)	<input type="checkbox"/> \$90 5 participants in same household (10k only or combo)

AWARDS: Will be given to the Overall Winners for Male and Female in each race as well as the first three places for each category.

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

SWAG: Logo tank top available in men's or women's cut. Size and shirt not guaranteed after 02/26/2019.

* Food to be provided after the race at Champions.

ADDITIONAL INFORMATION: southerntierrunningclub@gmail.com



First Name:		Last Name:	
Gender: Male / Female		Age on Race Day:	Race (circle one): 5k 10k
Address:			
City:		State, Zip:	
Phone:		Email:	
Emergency Contact Name and Phone:			
Shirt size (circle one): S M L XL XXL		Shirt cut (circle one): Men's Women's	

WAIVER: In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all right and claims for damages or injuries that I may have against the Event Director and all of their agents assisting with the event, sponsors and their representatives, volunteers, and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during, or after the event. I recognize, intend, and understand that this release is binding on my heirs, executors, administrators, or assignees. I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typical found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition. In the event of an illness, injury, or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic, and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment, and hospitalization. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver. Further, I grant permission to all the foregoing to use my name, voice, and images of myself in any photographs, motion pictures, results, publications, or any other print, videographic or electronic recording of this event for legitimate purposes. I understand that any entry fees are **non-refundable** and **non-transferrable** to another race. I understand that this is a road race conducted under the rules of RRCA, and that the race takes place on public highways that are not completely closed to traffic.

Signature: _____

Date: _____

Signature of Parent or Guardian if under 18 years: _____