



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



Southern Tier Trail Fest at Tanglewood



WHEN: Sunday, June 10, 2018 at 8:00 AM for the 5k, 9:00 AM for the 10k, and 9:00 AM for the 20K

WHERE: Tanglewood Nature Center, 443 Coleman Ave, Elmira, NY 14903

PRE-REGISTRATION (online preferred): <https://runsignup.com/Race/NY/Elmira/Tanglewood>

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: Wednesday, May 30, 2018 or when cap is met**
- **Race is capped at 250 runners**
- **Race Day Registration and Bib Pickup:** Sunday, June 10th from 6:45 – 8:45 AM at Tanglewood

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 5/30/2018) <ul style="list-style-type: none"> <input type="checkbox"/> \$25 5k <input type="checkbox"/> \$35 10k <input type="checkbox"/> \$40 20k <input type="checkbox"/> \$50 5k & 10k <input type="checkbox"/> \$55 5k & 20k • On the Spot Registration (only if cap is not reached) <ul style="list-style-type: none"> <input type="checkbox"/> \$30 5k <input type="checkbox"/> \$40 10k <input type="checkbox"/> \$45 20k <input type="checkbox"/> \$60 5k & 10k <input type="checkbox"/> \$65 5k & 20k 	<ul style="list-style-type: none"> • Pre-Registration (Must be received by 5/30/2018) <ul style="list-style-type: none"> <input type="checkbox"/> \$30 5k <input type="checkbox"/> \$40 10k <input type="checkbox"/> \$45 20k <input type="checkbox"/> \$60 5k & 10k <input type="checkbox"/> \$65 5k & 20k • On the Spot Registration (only if cap is not reached) <ul style="list-style-type: none"> <input type="checkbox"/> \$35 5k <input type="checkbox"/> \$45 10k <input type="checkbox"/> \$50 20k <input type="checkbox"/> \$70 5k & 10k <input type="checkbox"/> \$75 5k & 20k

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

WATER STATION: There will be 1 self-serve water station on the 10k course and 1 water station at the start/finish line.

FOOD: For all participants at the finish, there will be pizza, beer (must be 21 and older), and Panera

AWARDS: Overall winner for Male and Female as well as awards for the first three places in each age group category.

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

SWAG: Socks will be given to each pre-registered participant, but they are not guaranteed for participants registering after May 7th.

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:	
Sock size (circle one): S/M (Men's 1-8, Youth 1-8, Women's 3-10) M/L (Men's 6-13, Youth 6-13, Women's 8-15)	

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 Tanglewood, 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 Tanglewood Nature Center 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: _____