



# Southern Tier Running Club

presents the

## Valentine's Day 5 Mile Run/ Walk

Learn more about us at  
[www.SouthernTierRunningClub.com](http://www.SouthernTierRunningClub.com)



**WHEN:** Sunday, February 15, 2015 at 10:00am. *Walkers will begin at 9:45am.*

**WHERE:** Big Flats American Legion. Take exit 49 off of I-86 between Corning and Elmira, turn right. Located at the intersection of Maple Street and S. Olcott Road, Big Flats.

**COURSE:** The course will be a 5 mile road course in Big Flats.

**PRE-REGISTRATION (preferred):** Online at [www.SouthernTierRunningClub.com](http://www.SouthernTierRunningClub.com)

Or, **MAIL ENTRIES TO:** Southern Tier Running Club, Attn: Aubree Cruz,  
1956 Chambers Road, Beaver Dams, NY 14812

- Make checks payable to: **Southern Tier Running Club or STRC.**
- Pre-Registration Closes at **NOON Friday, January 30, 2015**

**RACE DAY REGISTRATION and BIB PICKUP:** 8:30am – 9:30am at Big Flats American Legion.

**COST:**

- Pre Registration (Online closes at **NOON** and paper forms **received no later than 1/30/15**)
  - \_\_\_ \$15 for STRC members
  - \_\_\_ \$20 Non Members
  - \_\_\_ \$30 Maximum Family Charge
- Day of Registration (Paper ONLY)
  - \_\_\_ \$25 for STRC Members
  - \_\_\_ \$30 Non Members
  - \_\_\_ \$40 Maximum Family Charge

**AWARDS:** Will be given to the Overall Winners for Male and Female as well as the first three places for each category. Categories: Under 9, 10-12, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

**ADDITIONAL INFORMATION:** [southerntierrunningclub@gmail.com](mailto:southerntierrunningclub@gmail.com)

First Name:	Last Name:
Sex: Male / Female	Date of Birth:
Address:	
City:	State, Zip:
Phone:	Email:

**WAIVER:** I know that running/walking a 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 any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running the Valentine's Day race, 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, Town of Big Flats, the Big Flats American Legion 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 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: \_\_\_\_\_