

RUN/WALK 2014

"Strawberry Shake" 5K Run & "The Shortcake" Kids' 1 Mile Run



Friday, June 20, 2014

Kids' Run begins at 6:00 pm; 5K Run begins at 7:00 pm. Deadline for Pre-Registrations: Thursday, June 19, 12:00 noon

Entry Fee: 5K Individual Pre-registration: \$25 for individuals
 Teams of 4 or more: \$20 each – Team Name: _____
 1 Mile Kids' Run (ages 5-10) \$10 each

After Deadline: 5K Individuals: \$30
 Teams of 4 or more: \$25 each – Team Name: _____
 1 Mile Kids' Run (ages 5-10) \$15

Place: Tioga County Office Building Property, Academy St. & 56 Main Street, Owego (See back for map and directions.)

Check-in: Pre-registered packets and race day registration will be on Friday, June 20, from 2:00-6:45 for the 5K and 2:00-5:45 for Kids at the race site. No registration or pick-up after 6:45 pm.

Awards: 1st, 2nd and 3rd Place prizes in the Male and Female categories will be awarded for the 5K Run. Prizes will also be awarded for the Kids' Run.

Giveaways: T-shirts, water, fruit, food, coupons and lots more will be offered to runners post-race.

Note: The race directors reserve the right to reject any entry for any reason. The race is partly run with traffic on a state highway, so dogs are *absolutely forbidden*. Jogging strollers are allowed. Those observing poor manners towards motorists or not obeying the traffic marshals will be disqualified. The race has been certified by USA Track & Field. No refunds for cancellations.

Benefit: All proceeds will benefit the Owego Strawberry Festival, the Apalachin Youth Football League, and future event activities in the Village of Owego. For more info about the Festival, go to www.owegostrawberryfestival.com.

More Info: Christine (crhafer@yahoo.com) or Tioga County Tourism Office (607-687-7440, info@visittioga.com).

Entry Form

BIB #		

Make checks payable to Tioga County Tourism and mail check and entry form to same, c/o SF 5K Run, 80 North Ave., Owego, NY 13827

T-Shirt Size
 YL ___ S ___ M ___ L ___ XL ___

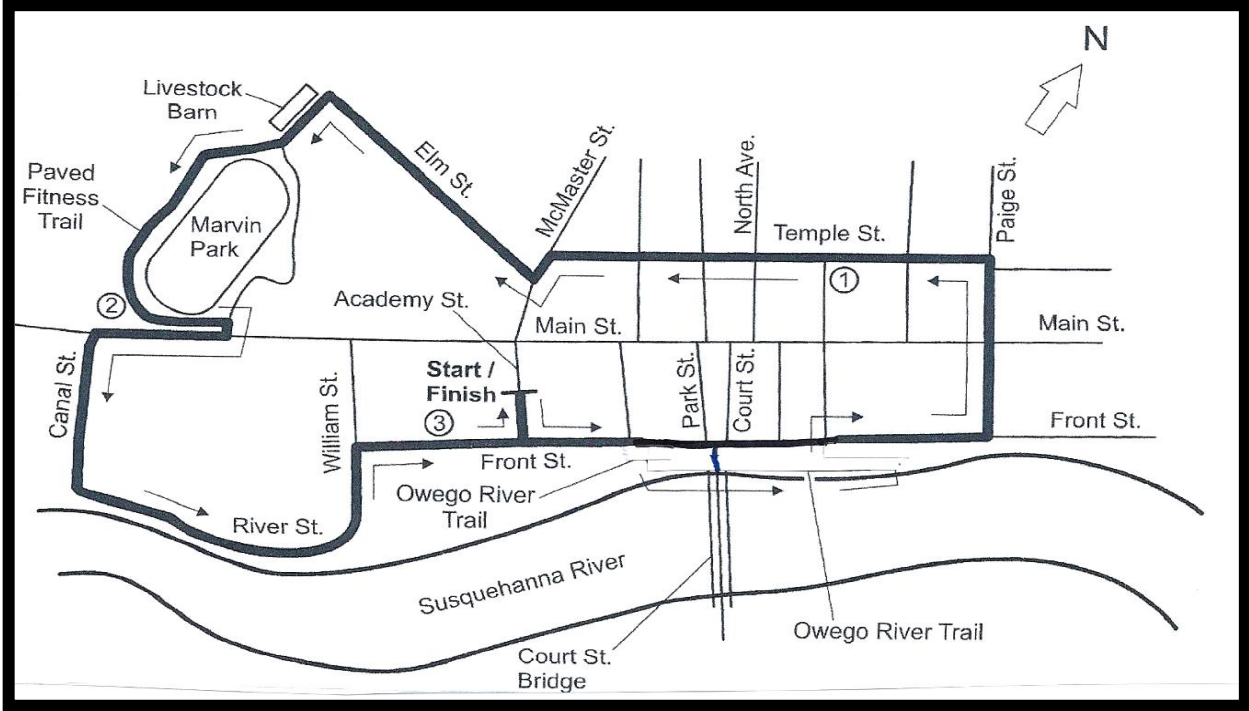
Last Name										First Name										Sex	Age as of 6/20/14								
Street Address																				City					State		Zip		
Email: _____										Phone # _____					5K Run	<input type="checkbox"/>	5K Walk	<input type="checkbox"/>	Kids' 1 Mile Run	<input type="checkbox"/>									
Method of Payment: Cash _____										Check # _____					Visa	<input type="checkbox"/>	MC	<input type="checkbox"/>	AE	<input type="checkbox"/>	Discover	<input type="checkbox"/>							
Credit Card # _____										Exp. Date _____					CVV# (back of card) _____														

Release: I know that running a road race is a potentially hazardous activity. I agree 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 in this event, but not limited to, falls, contact with other participants, the effects of the weather – including high heat or humidity, traffic and conditions of the road, all such risks being known and appreciated to me. Having read the 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 Village of Owego, Tioga Tourism, the Apalachin Football League, New York State Department of Transportation or the Historic Owego Marketplace, Inc., and other sponsors, organizers or successors from all claims or liabilities of any kind arising out of my participation in this event.

Failure to date and sign release will invalidate your entry. Parent or Guardian's signature necessary if under 18 years of age.

Signature: _____ **Date:** _____

5K Run Route



Kids' 1 Mile Run Route

