

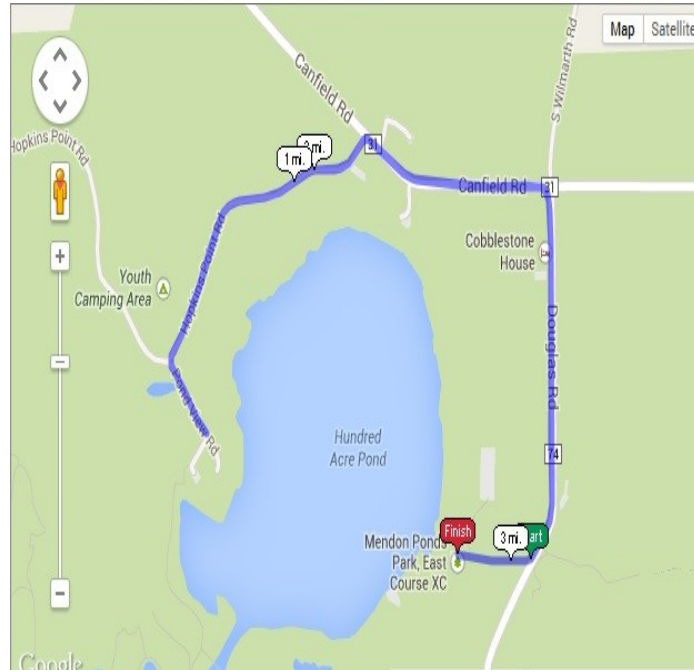
Race Waiver

I understand that running a road race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official related to my ability to safely complete the event. I assume all risks associated with running this event including, but not limited to: falls, contacts with other participants, the effects of weather, traffic, and conditions of the course. All such risks being known and understood by me. Having read this waiver and knowing these facts and in consideration for accepting, I, for myself and anyone entitled to act on my behalf, waive, and release USATF, Mendon Ponds Park, Jennifer Sprague, Dennis Rettke, all EMS personnel, course marshals, race volunteers, race timers, and any and all sponsors and their agencies, their representatives and successors from all claims and liabilities of any kind arising out of my participation in the event. I further give my permission for the free use of my name or photo in any printed or online account of this event.

Signature of Participant

Parent or Guardian if participant is under 18

Course Map & Directions



Stewart Lodge is located near the Mendon Ponds Park Office, which is at 95 Douglas Road, Honeoye Falls, NY 14472.

4th Annual Steve's 5k to

Run

Down

Cancer



Saturday, June 16th 2018
Mendon Ponds Park
9 AM Start

Our course is certified to be accurate by
USATF # NY14103KL

Race Information

The 5k run/walk will begin roadside at Stewart Lodge in Mendon Ponds Park. Start time is 9AM. The race will take place on a mostly paved course on scenic park roads with some rolling hills. It will finish on a downhill back to the Lodge.

A childrens' fun run will take place at 10 AM and will begin at Stewart Lodge. This will be a short dash in the field adjacent to the lodge. All participants will receive ribbons and a special surprise!

The post race party at 10:30 AM will feature refreshments followed by the awards ceremony and random bib number based door prize drawings.

Pre Registration & Packet Pick-up is available at Medved Running & Walking Outfitters on Friday, June 15th from 4PM-7PM.

\$18 pre-registration fee prior to race day
\$21 entry fee on race day, June 16th

Teams of 10 or more may pre-register under a team name together for \$15 each by 6/9

Free entry for the Children's Fun Run!

ONLINE REGISTRATION is Also Now Available

at:<https://runsignup.com/Race/NY/HoneoyeFalls/Steves5ktoRunDownCancer>

Race Day Registration will begin at 7:30 AM in Stewart Lodge

About This Event

The event is being held to honor Steve Rettke and support sarcoma research at the Wilmot Cancer Institute.

Awards & Amenities

1st Place overall M/F..... \$125

1st Place M/F 5k finisher at the 800 meter mark..... \$50

1st Place M/F Masters (40+)..... \$100

1st Place M/F Veteran (50+)..... \$100

***An additional \$25 will be awarded to the overall M/F winner breaking the course record:**

Male Course Record (2017):

Matthew Herbert 15:53

Female Course Record (2017):

Monicah Otwrori 17:41

Age Group Awards

Medals to top 3 finishers in each age group, with 1st place in each age group additionally receiving a Medved gift certificate:

under 14	45-49
14-19	50-54
20-24	55-59
25-29	60-64
30-34	65-69
35-39	70+
40-44	

****Individual collecting the most donations for the Wilmot Cancer Institute will receive 2 gift certificates each for a 1-night stay at The Vagabond Inn of Naples, NY! Please visit their website here at: www.thevagabondinn.com/**

Entry Form

(Please sign the waiver on the back)

First Name: _____

Last Name: _____

Team Name (If applicable): _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Age on Race Day: _____ Gender: M F

Event (please check one): 5k run/walk _____
kids' fun run _____

T-shirts to the first 100 registered 5k run/walk participants:

S M L XL XXL
please circle your size

***Please make all registration and donation checks payable to:**

Dennis Rettke

Mail entry forms and checks to:

Jennifer Sprague, Race Director
3233 Locust Circle
Walworth, NY 14568

Email: fightinglibrarian@hotmail.com

