

Entries

Send to:
Phyllis Danks, Event Director
6428 Curwood Drive
East Syracuse, NY 13057
(315) 463-9993

Make check or money order payable to:
Marcellus Rotary Club

Entry Fees

5 Mile Race/4 K Race
\$15.00 until August 15, 2009
\$20.00 after August 15, 2009
t-shirt and goodie bag to first 100 registrants
1K Fun Run
\$5.00-Adult \$3.00-Children

Run Courses

5 Mile (same course as 2008)
Marcellus Park – winds toward lower
Baltimore Woods – New Seneca Turnpike –
Lawrence Road – Bishop Hill Road – Back
to Marcellus Park

4K Race (2.5 miles)
Marcellus Park – Lower Baltimore Woods
Trail – Up Valley Trail - Bishop Hill Road –
Back to Marcellus Park

1K Fun Run
Takes Place in Marcellus Park

WAIVER: I know that this race requires running over road surface as well as through natural wooded areas. I understand this is a potentially hazardous activity. I agree that 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 including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and conditions of the road, and conditions of uneven or broken or natural surfaces, all such risks being known and appreciated by me. Having read this waiver and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive, release and agree to hold harmless the Marcellus Rotary Club, and Town and Village of Marcellus, County of Onondaga, Centers for Nature Education, Save the County Landtrust, all other sponsors, organizers, race officials, volunteers or successors from all claims or damages or liabilities of any kind arising out of my participation in this event.

Times

Registration and start near upper annex of
Marcellus Park

7:45 a.m.-8:45 a.m. Check-in/Registration
8:30 a.m. 1 K Fun Run
9:00 a.m. 5 Mile/4K Races

Chip Timing

See website for results:
www.baltimorewoods.org

Race Location

Marcellus Park
Platt Road
Marcellus, NY

Take Rt. 175 (West Seneca Turnpike)
toward Marcellus. Turn left at signal light
(Rt. 174/175). Then turn Right onto Slate
Hill Road. Left onto Platt. Park entrance is
on the right.

2008 Winners

5 Mile Race: Andrew Starowicz 30:41
Barb Wells 36:32

Questions???

Call Phyllis Danks at 315-463-9993

Entry Form

Last Name

First Name

Address

City

State

Zip Code

Phone Number

E-Mail

Sex _____ Age _____
T-Shirt Size

| | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|-----|
| 5 Mile | 4K | 1K | Fun | Run |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| S | M | L | XL | |

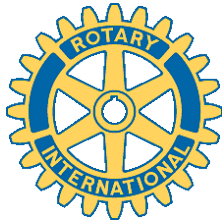
Signature

Date

Parent's signature required if under 18
years of age

Date

MARCELLUS ROTARY



“RUN FOR THE WOODS”



In conjunction with:



**Baltimore Woods
Nature Center**
Nature in your hands

5 Mile Run,
4K and 1K Fun Run

Saturday
August 22, 2009
Marcellus Park

Awards

First three males and first three females in the 5 Mile Race and 4K Race will constitute the Open Division regardless of age. All remaining runners will then be placed in their appropriate categories in the 5 Mile Race:

| <u>Category</u> | <u># of Awards (M/F)</u> |
|-----------------|--------------------------|
| Open Division | 3 |
| 16 & under | 1 |
| 17-21 | 1 |
| 22-29 | 1 |
| 30-39 | 1 |
| 40-49 | 1 |
| 50-59 | 1 |
| 60 & over | 1 |

Awards presented at the finish line following the end of the race.

2008 Sponsors

Cheetah

| | |
|---------------------------------|--------------|
| Costello, Cooney & Fearon, PLLC | Beak & Skiff |
| GE Inspection Technologies | Key Bank |
| James P. Reagan Agency, Inc. | Nojaim Bros. |
| Welch Allyn, Inc. | |

Gazelle

| | |
|--|--------------------------------|
| Phyllis M. Danks | Melvin & Calvert Law Firm |
| The Links at Sunset Ridge | Volunteers at Baltimore Woods |
| Calley's Hardware | DeCapio Family |
| Deborah A. Glisson | Main St. Pharmacy of Marcellus |
| Gascon Family | Ken's Body Shop |
| Midgley Photography | Plis Funeral Home |
| Rocket Dozer | Farrell's Auto Service |
| Reduce, Reuse, Recycle | Ferro Family |
| Bob and Peg Shields | |
| Reagan & Dailey Attorneys | |
| Nightingale True Value Hardware, Inc. | |
| McClurg Remodeling & Construction Services | |