

**Thirteenth Annual**

# Fillmore 5K and Fun Run

Moravia CSD Track, Moravia NY

**Saturday July 18, 2009 @ 9:00 AM**



**Sponsors-** Finger Lakes Runners Club, Kinney Drugs, Modern Market

**Benefactor-** MCS MUSIC BOOSTER CLUB

**Where-** Moravia Central School District Track. 5K through Village & surrounding rural area.  
Fun run is held entirely on the track.

**When-** **5K will start at 9:00 AM.** Registration and number pick-up between 7:45 AM and 8:30 AM.  
**Race day registration closes promptly at 8:45 AM. We cannot take late entries!**  
Fun Run is Free and starts at conclusion of 5K (approx. 9:45 AM). Parents must sign waiver for Fun Runners.

**Course-** The 5K is one loop on the Village streets. At least one water station will be provided on the loop. The course is flat and fast, well marked and staffed. 1 mile split given. Our course is certified to be accurate by USATF, #NY97028AM

**Entry Fee-** \$10.00 Pre-registration if received by July 7; thereafter \$14.00. FLRC Members may deduct \$2 from entry fee. Students 18 and under are half price.

**Facilities and Amenities-** Portable rest rooms available. Free post-race refreshments.

**Directions-** From Rt 34 Northbound: Off Rt 34, take Locke Road east (at Linda's Diner). Turn left on Rt 38 to Moravia. Park at the Elementary or High School and walk to the track behind the Elementary School.

From Rt 34 Southbound: Off Rt 34, take Rt 90 east to Rt 38. Follow the above instructions.

From Rt 81 Northbound: Off Rt 81, take Homer exit. Turn right at light then left at next light heading west on Rt 90. Turn right on Rt 38 and follow the above instructions.

From Rt 81 Southbound: Off Rt 81, take Rt 281 exit in Preble. At Rt 90 in Homer go west on 90 to Rt 38. Follow the above instructions.

Modern  
Market



## Waiver

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and have trained properly. I agree to abide by any decision of a race official as to my ability to safely complete the event. I assume all risks associated with running in this event, including, but not limited to, contact with runners, falls, the effects of the weather including humidity and temperature, road conditions including traffic and the actions of motorists and adjoining landowners whether unintentional or intentional, and 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 all sponsoring and affiliated parties including the FLRC officers, race directors and volunteers, Village and Town of Moravia, Moravia CSD, Kinney Drugs, Modern Market, and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I further grant permission to all of the foregoing to use any photographs, motion pictures, recordings or other record of this event for any legitimate purpose. I also understand that all entry fees are non-refundable.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_ 2009

Parent Signature if under 18 \_\_\_\_\_

Race directors reserve the right to reject an entry for any reason. None of the following will be allowed on the course during the race: headphones or headsets, baby strollers, roller skates/blades, wheeled chairs or carts, scooters, or any other transport devices or pets. All those participating in the race must be entered.

**Awards-** First Male and Female in Open and Masters Divisions. Age Group Awards, Male and Female: 10 & under, 11-15, 16-20, 21-30, 31- 40, 41-50, 51-60, 61-70, 71 plus.  
No duplication of awards.

**Acknowledgments-** Our Special appreciation to **Modern Market, Kinney Drugs and FLRC** for their support.

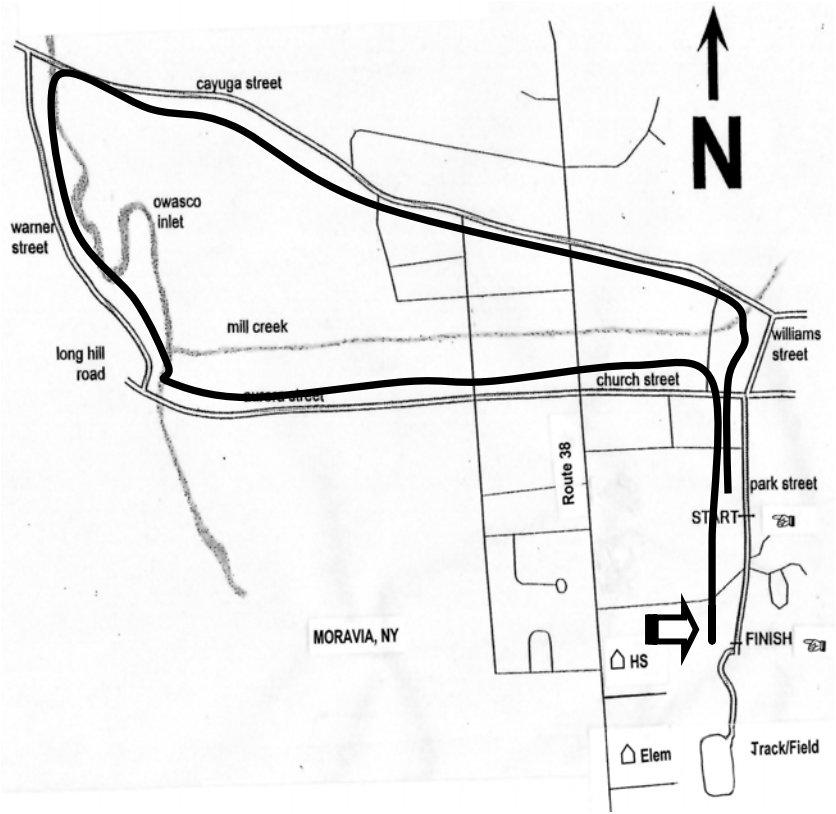
**Course Records-**

(m)Scott Weeks, 2002. ....15:31  
(f)Annette Acuff, 2007.....18:00

**Race Director-**

Tina Slater, tms2@cornell.edu

**FLRC Web Page**  
[www.fingerlakesrunners.org](http://www.fingerlakesrunners.org)



**ENTRY FORM: Fillmore 5K - Saturday July 18, 2009 - Please Print Legibly!**

[Registration also available on [www.active.com](http://www.active.com)]

Name: \_\_\_\_\_ Pre-reg.: \$10 or \$8 (FLRC members) (until July 7)  
 Address: \_\_\_\_\_ Race day reg.: \$14 or \$12 (FLRC members)  
 City & State: \_\_\_\_\_ (Students 18 & under **1/2 price** = \$5 Pre-Reg., or \$7 Day of Race)  
 Zip: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_  
 Event: 5K\_\_\_ Fun Run\_\_\_ Sex: M\_\_\_ F\_\_\_ Birth Date: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_(as of 7/18/09)

Total Enclosed: \$\_\_\_\_\_ Make checks payable to "Fillmore 5K, FLRC"  
 Please sign waiver on back and mail so entry is received by July 7, 2009.  
 Send to Fillmore 5K c/o FLRC, P.O. Box 4984, Ithaca, NY 14852-4984