

Finger Lakes Runners Club

Free!

5K Loop-the-Lake Run/Walk & Picnic Barbecue

Free!

For all FLRC Members, Relatives, & Friends!

Sunday, August 08, 2010 – 3:00 PM

Where: Dryden Lake Town Park, 2 miles southeast of Dryden --- at the light in downtown Dryden, turn south on Route 38, travel south for about 2 miles; then turn left (east) on Chaffee Road for about ¼ mile; then left on West Lake Road for 0.1 mile; turn right at the first park entrance and meet at the pavilion. See also map on other side.

When: Sunday, August 8, 2010 --- 3:00 PM the 5K run/walk starts, 4:15 PM the picnic starts. You may also do 10K or 15K, but must keep your own time; suggest starting 10K about 2:00 PM and 15K about 1:30 PM.

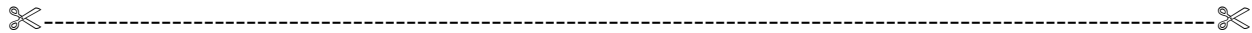
Who: Finger Lakes Runners Club members, their family, and friends --- this event is free to all of the above! Encourage non-runners in your family to do the walk.

Run/Walk: Scenic, as Dryden Lake is visible most of the time. The course is an accurately measured and certified 5 km with accurate mile markers. The first mile is totally flat on the abandoned railroad bed (cinders), the last 2.1 miles is rolling asphalt road.

The Picnic: The Finger Lakes Runners Club will provide free sandwiches, hot dogs, hamburgers, tofu pups, veggie burgers, assorted salads, potato chips, assorted drinks, and tableware.

Sign up: By Wednesday, August 4, 2010 please do one of the following:
1. Send the entry at the bottom to Kiko Alvarez, 256 Old 76 Road, Brooktondale, NY 14817 **or**
2. Email Kiko at kiko_a_c@yahoo.com (give number coming) **or**

You can also simply show up before 3:00 PM on Sunday, August 8 (but we'd prefer you do one of the above as we'd like a count for food and drink!)



2010 Loop-the-Lake 5K (also 10K & 15K) Run/Walk & Picnic

Name _____ Phone _____

Address _____

City _____ State _____ ZIP _____

How many family members and/or friends do you expect to bring? _____

Send to Kiko Alvarez, 256 Old 76 Road, Brooktondale, NY 14817 (or email or call per above)

See other side ⇨

Free!

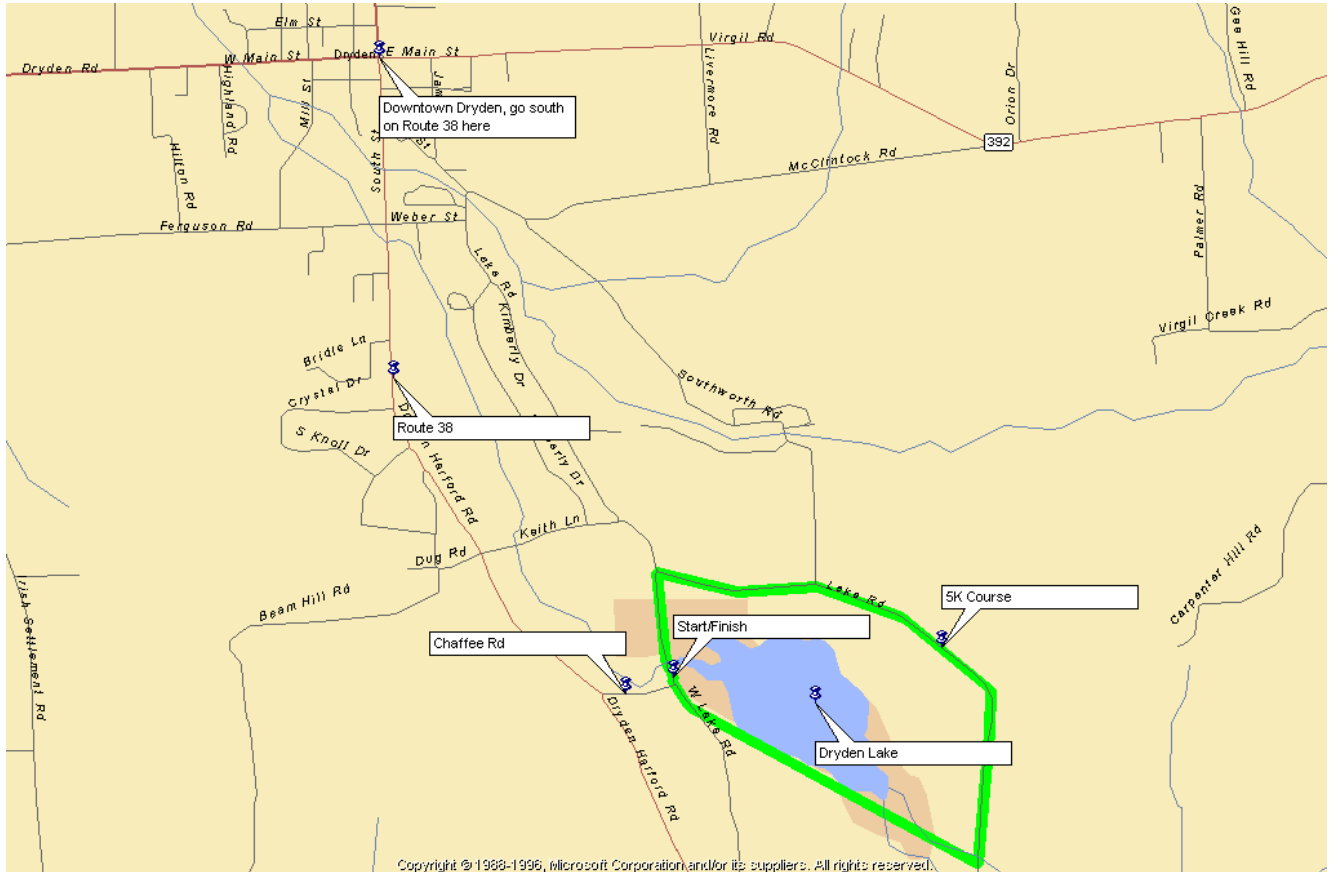
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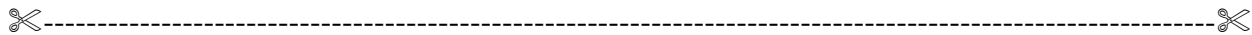
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See other side first.



The above map shows how to reach Dryden Lake Park [Start/Finish] and the 5K course.



Waiver:

We promise not to sue the Finger Lakes Runners Club or anyone else associated with this Finger Lakes Runners Club Loop-the-Lake 5K Run/Walk and Picnic.

Signature _____ Date _____ Age _____

Signature _____ Date _____ Age _____

Signature _____ Date _____ Age _____

Signature _____ Date _____ Age _____

See other side ⇨