



**Finger Lakes Runners Club**  
***Women's Distance Festival***  
**5K Run & Walk**

*Dedicated to Co-Founder Diane Sherrer (1951-2009)*

**Thursday, July 9th, 2009 at 6:30 p.m. Dryden, NY**

**START/FINISH:**

Dryden Lake Town Park, 2 miles south-east of Dryden — at the traffic light in downtown Dryden, turn south on Route 38, travel south for about 1.5 miles; then turn left (east) on Chaffee Road for about 1/4 mile; then left on West Lake Road for 0.1 mile; turn right at the first park entrance and meet at the pavilion.

**FACILITIES:**

Come prepared to run. There are no changing or shower facilities.

**RACE INFORMATION:**

Sue Aigen: 607-277-0433, s\_aigen@yahoo.com; Finger Lakes Runner's Club Web site: <http://www.fingerlakesrunners.org>

**Pre-Registration Fee: \$12.00 – T-Shirts available to the first 100 runners.**

**Official Entry Form – Women's Distance Festival 5K -Thursday, July 9, 2009**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Birth date: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

**Fees: Pre registration**

(Early bird postmarked by July 3rd)

- \_\_\_\_ \$10.00 (FLRC member discount);
- \_\_\_\_ \$5.00 (FLRC Students 18 and under)
- \_\_\_\_ \$12.00 (non FLRC members);
- \_\_\_\_ \$6.00 (Students 18 and under)
- \_\_\_\_ \$15.00 (After July 3rd)

\_\_\_\_ Check if mother-daughter team

\_\_\_\_ Check if sister-sister team

Name of team partner \_\_\_\_\_

Each team member must register separately.

**Race Day Shirts**

- Ladies Tee
- \_\_\_\_ Small
- \_\_\_\_ Medium
- \_\_\_\_ Large
- \_\_\_\_ X-Large



***Women's  
Distance  
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**TOTAL ENCLOSED \$** \_\_\_\_\_

Make check payable to FLRC.

Mail (entry form, signed waiver and check) to:  
 Women's Distance Festival,  
 Box 4984, Ithaca, NY 14852

**SIGN WAIVER ON BACK – WAIVER MUST BE SIGNED IN ORDER TO RUN!**

**RACE DAY REGISTRATION:**

5:00 p.m. until 6:15 p.m. on race evening at the Dryden Town Park. **Race Day registration fee is \$15.00. Runners are encouraged to pre-register.**

**COURSE – USATF CERTIFIED:**

The course consists of rolling hills and will be well marked and marshaled. Run around Dryden Lake on country roads, and an old railroad bed. There will be one water station on the course and at the start/finish area. The race director reserves the right to reject any entries for any reason. Due to insurance limitations, no headsets, baby strollers, skates, wheel chairs, or bicycles are allowed on the courses. *All runners must follow the directions of the course marshals or risk being disqualified.*

**AWARDS:**

OVERALL and First Master’s finisher will receive a special award. Female age group awards: 10 & under, 11-14, 15-19 and 10 year age groups through 70+. No duplication of individual awards.

**TEAM COMPETITION:** First mother/daughter; sister/sister.

**COURSE RECORDS:**

Molly Huddle, Elmira 17:04, Masters: Suzanne Myette, Endicott, 19:35 (2004)

**Sponsored by:**

<p><b>AIGEN FINANCIAL GROUP, LLC</b></p> <p>Insurance &amp; Financial Services</p> <p>202 East State Street • Suite 406          Ithaca, New York 14850          Tel: (607) 277-0433          Fax: (607) 277-0982</p>
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<p><b>IRVING</b>          &amp; ASSOCIATES</p>  <p>taxes &amp; accounting</p>	<p>CHRIS IRVING          Accountant</p> <p>202 E. State St., Suite 408          Ithaca, New York 14850          607-273-4494          Fax: 607-273-4971          E-mail: Irvassoc@aol.com</p>
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**OFFICIAL Women’s Distance Festival WAIVER (Read & sign before mailing your entry)**

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 properly trained. I agree to abide by any decision of a race official as to my ability to safely complete the run. I assume all risks associated with running in this event, including, but not limited to, contact with runners, falls, either conditions including humidity and temperature, 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 the Town of Dryden, Dryden Police Department, the USA Track & Field Assoc, the Finger Lakes Runners Club, the club officers, the race directors, sponsors and volunteers 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.

Participant’s Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent, if under 18 years)