



May 1, 2010, Compete solo in your best event, or with a partner in the canoe race.

Hope to see you there!!!

- * T-shirts to first 250 entrants.
- * Professional electronic timing of foot and bike races.
- * Computerized and Manual results processing.
- * Races results published.
- * On site medical support.
- * Maps and profiles of courses on display.
- * Showers available
- * Musical entertainment by: 95 the Met
- * Refreshments available.
- * Overall winners not eligible for age group awards.

Registration

7:30-9:30 a.m. at High School for Runs & Bike.
7:30-9:15 a.m. Canoe Race at canoe launch in Cameron Mills

Wheelchair Race: 9:30 a.m.

1/4 mile race over flat course. Free entry. Free T-shirt. All ages.

5K Run: 10:00 a.m.

5 kilometer foot race over flat course. Awards: First overall - male and female. Top finishers in each age group - 14 and under, 15-18, 19-29, 30-39, 40-49, 50-59, and 60+. **STARTS WITH 10K RACE.**

10K Run: 10:00 a.m.

Flat course, through 6.2 miles of village streets and country roads. Water station. Awards: First overall-male and female: Top finishers in each age groups, 29 and under, 30-39, 40-49, 50+. **RACE STARTS WITH 5K RACE.**

Walk for Your Health 10:00am

(2.2 mile walking course) The walkers will start at the same time and walk roughly the same course as the 5K runners. To add a little more excitement to this event, each participant, at sign in, will guess what their finish time might be. The participant closest to their time will win an award. **NO** timing devices allowed for this event. Two other awards will also be given out - most mature person to finish and first walker to complete course.

Bike Race 10:00am

30+ mile bicycle race heading out 417 west, through the Happiness Hills area, past Woodhull Raceway and back on 417 headed east back to Addison. Race will finish uphill on Hardscrabble Rd. in the village. Pace car and sag wagon. **Safety helmets required, no aero bars allowed.** Cash awards for first 5 finishers overall (male or female) \$75 - 1st, \$50 - 2nd, \$25 - 3rd. Trophies: First overall (male and female), top finishers in 5 male age groups - 18 and under, 19-29, 30-39, 40-49, 50+, top finishers in 2 female age groups 29 and under, 30 and over. No recumbents allowed.

Children's Tricycle Race: 11:30am

Ages 3-5 yr olds and ribbons will be awarded. (no fee)

ARMSTRONG Youth Fun Run: 12:00 NOON

Ages 2-9 compete with children their same age and gender. Ages 10-12 will compete in two groups; girls and boys. Medals for the first 3 places are awarded to the 18 groups at the conclusion of the races. Registration will be in front of the Addison High School at the **ARMSTRONG** tent prior to race time.

Canoe Race: 9:30am

Registration at canoe launch in Cameron Mills
11 mile course, mostly flat water, down the scenic Canisteo River from Cameron Mills to Addison. Awards: top finishers in 5 categories. (life jackets required)

- A. Racing Canoe:** Competitive racing canoes, any male/female combination
- B. Recreational Canoe:** Any male/female combination, any canoe except Kevlar racing boats.
- C. Coleman Canoe Class:** For Coleman canoes. Any male/female combination.
- D. Novice Canoe (5 miles) - Starts at Derby Bridge:** Recreational Canoe - Could be (1 male & 1 female) or (2 females) or (2 males under age 16). *All awards based on number of entries.

FEES:

ARMSTRONG Youth Fun Run: Donation (1) can of food \$15 per person 5k & 10K (postmarked by 4/28/09) (\$17 per person anytime after)
\$25 per person Bike Race (postmarked by 4/28/09)
\$10 per person for Walk
\$11 per person for Canoe race (postmarked by 4/28/09) (\$13 per person anytime after)
Family Rate - First 2 people full price (for all races) 1/2 price additional family members

Race Director: Oakley Hayes, Jr. P: 607-359-4016

Email: ohayesjr@stny.rr.com

Asst. Race Director: April Emerson P: 607-795-0795

OR CONTACT: John: 607-359-2454; Barry: 607-359-3629

ADDISONRACEFEST.BLOGSPOT.COM

* Additional Activities Planned

Concessions, Childrens games, Exhibits & Crafts.

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We would like to take this opportunity to express our gratitude for all the support that everyone has given and continues to give. We could not do it without you. Thank You!

*** ENTRY FORM ***

| | | | | |
|-----------------------------|--------------------------|-----------------|-----|--------------------|
| Last Name | Age on May 1, 2010 | Full Birth Date | | |
| Street Address | City | State | Zip | |
| Telephone () | Sex (circle) Male/Female | Walk | 10K | Bike |
| Email address: | Est. Walk Time: | | 5K | Wheelchair |
| Canoe A B C D | | | | Youth Fun Run |
| Canoe Category (circle one) | | | | |
| | | | | Canoe Partner Name |

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Make Checks Payable To: **Addison Race Fest**
Amount Enclosed \$ _____

Waiver Statement: **Entry Invalid If NOT Signed.**

*In consideration of the acceptance of this registration entry, I, the undersigned, assume full and complete responsibility for any injury or accident which may occur during my participation in this race, or while I am on the premises of this event; and I hereby release and hold harmless the sponsors, promoters and all other persons and entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsors or promoters or other persons or entities associated with the event of their agents or employees, or otherwise. **Fees are nonrefundable.***

Entrant's Signature: _____

Date: _____

Parents or guardians signature if entrant is under 18 years of age: _____

Send Application To: **Addison Race Fest**
PO Box 33, Addison, NY 14801

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