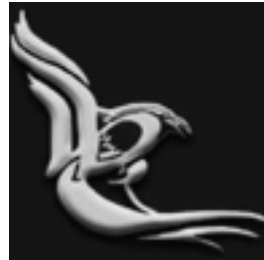
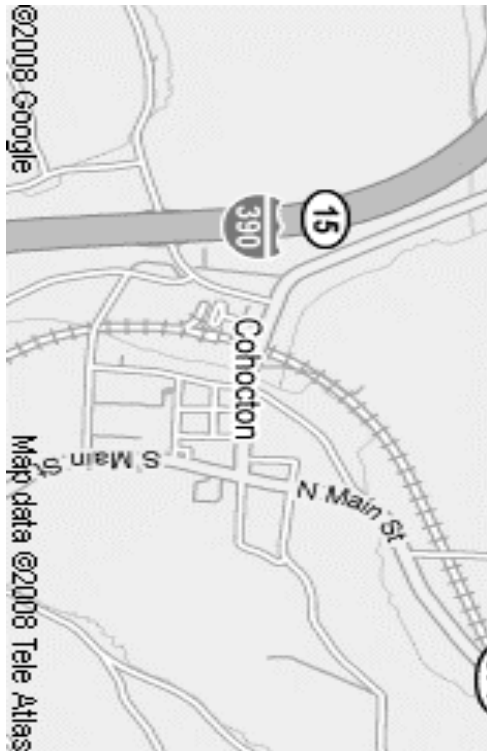


DIRECTIONS

- 1 . Exit 2 off 390. From the North turn left on Loon Lake Road. From the South turn right on Loon Lake Road.
- 2 . At Corner of Loon Lake Road and Route 415, turn right into the Village of Cohocton.
- 3 . Turn Right on Erie Street after crossing the bridge. Look for school signs.

MAP



Wayland Cohocton Cross Country

Cohocton Fall Foliage 5k
Wayland Cohocton School
2350 Route 63
Wayland, NY 14572
Phone (585) 728-2366

Cohocton Fall Foliage



5k Run & Walk

**SUNDAY
OCTOBER 4
2009
10 AM**

VENUE

It is a scenic loop course winding through the village of Cohocton ending at the 41st annual Cohocton Fall Foliage Festival.

COURSE

Brand new course organized and measured by the Wayland Cohocton Cross Country Team



2009 Sanctioning Pending

COURSE MAP

An online version of the course map is found at www.usatf.org/routes. Search for Cohocton Routes

FEES

- \$18 if received by September 27th
- \$20 Race Day Registration

REGISTRATION / HQ

Starting and Finishing Lines, Registration and Race headquarters will be located at the

Cohocton Elementary school at the corner of Erie and Park Avenue. Parking will be limited at the school due to the festival.

T-shirts will ONLY be guaranteed to pre-registered participants in the 5K Race

AWARDS

5K

Overall – Men & Women

Age Groups Winners

Under 14 – Men & Women

15-18 – Men & Women

19-30 – Men & Women

31-45 - Men & Women

46 & Over - Men & Women

5K WALK

Overall – Men & Women

PAYMENTS

Please Send Completed Entry & Check to:

Make Checks Payable to:
*Wayland Cohocton Cross
Country*

Cohocton Fall Foliage 5k
Wayland Cohocton School
2350 Route 63
Wayland, NY 14572

Cohocton Fall Foliage Festival 5K Run and Walk

First MI Last Birth date Gender M F
 Address City State Zip
 Age Race Day E-mail Address T-shirt size S M L XL XXL I am enclosing
 Expected Finish Time Previous 5I Times Students Y N (-\$2.00)
 Home Telephone () Work Telephone () USATF #
 Emergency Contact Name Emergency Phone Number

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run relative to my ability to safely complete this run within the designated time limit. I assume all risks associated with running in this race, including but not limited to falls, contact with other participants, runners, bikers, the effects of weather, including heat or cold and precipitation, traffic, and the conditions of the trails and roads, 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 for whom I am entitled to act, waive, release and will hold harmless the race organizer, Wayland-Cohocton Cross Country, all other sponsors and property owners, and all the agents, employees, officers, directors and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participating in this race. I understand that headphones, baby joggers or strollers, roller skates and dogs are not allowed in the race/run.

Signature of entrant _____ Date _____ Signature of parent of Guardian if under 18 _____