

ENTRY FORM

Challenge Race Series includes:

Camillus Veterans Memorial Day Run

Camillus Veterans Memorial Day Run
May 30th Camillus



Paige's Butterfly Run
June 4th Baldwinsville



Nate The Great Title Town Run
June 11th Canastota



The Hess Express Swamp Rat 5K
June 18th Oneida Shores

Advisory: Even in shorter races such as a 5k race, medical problems can and do occur, especially if it is a warm or humid day and if you are not in peak running fitness. Heat illness can occur easily with intense effort, manifesting often as nausea, dizziness, and headache. Adequate hydration (drinking 16-24 ounces of sports drink 1-2 hours before the run is recommended) allows you to continue to produce sweat, which cools the body as it evaporates from the skin. If you should feel sick in any way, please stop and walk so that no one ends up with medical problems.



Enter a series of FOUR 5K RACES where runners compete for CASH & PRIZES.

Runners will be **scored on the best performances at two of the four series races.** Runners can **run all four races, but only the two best performances will be used for series scoring. Scoring will be based on the overall finishing placement in each race.** (Example: A runner who is the 75th overall finisher in one of the races, would score 75 series points.) **Winners will be determined by the lowest point totals in the following categories:**

OPEN MALE & FEMALE: 1st **\$100** 2nd **\$50** 3rd **\$25**

MASTERS MALE & FEMALE: 1st **\$100** 2nd **\$50** 3rd **\$25**

(Masters must be 40 yrs. by May 30, 2005)

SUPER MASTERS MALE & FEMALE: 1st **\$50** 2nd **\$25**

(Super Masters must be 55 yrs. by May 30, 2005)

The 15th finisher of each category will receive a **FREE pair of Brooks Running Shoes** (\$90 value).

The First 75 who enter the Fleet Feet Sports 5K Challenge series and **complete 3 of the series races** will receive a **FREE Brooks Coolmax Shirt** (\$30 value).

There is no fee for participating in the Fleet Feet Sports 5K Challenge, however participants must register for each race they participate in.

Name: _____

Age: _____ Gender: M F Phone: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Waiver: In consideration of your accepting this entry, (I below signed), intending to be legally bound for myself, my heirs, executors, administrators and assigns waive and release all rights and claims for damages I may have against Fleet Feet Syracuse Inc., Brooks Sports, and its representatives and successors for any and all damages or injuries suffered by me whether to person or property while participating in any of the races of this series including travel to and from each event. I also understand to compete in any of the races in the Fleet Feet Sports 5k Challenge that I must register for each of the participating races in the series and will be subject to the rules and regulations of each race. I attest and verify that I am physically fit and have sufficiently trained for the competition of this series and my physical condition has been recently verified by a licensed medical doctor. Further, I grant full permission to use photographs, videotapes, motion pictures and records of me, or any other record of this series, for any legitimate purposes. This entry is invalid unless signed by entrant. All entrants must be 21 years old to enter this series.

Participant's Signature: _____ Date: _____