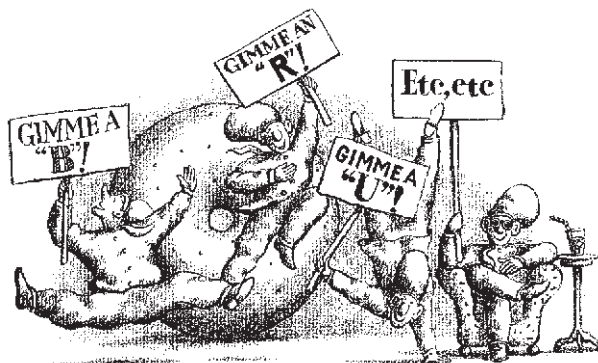


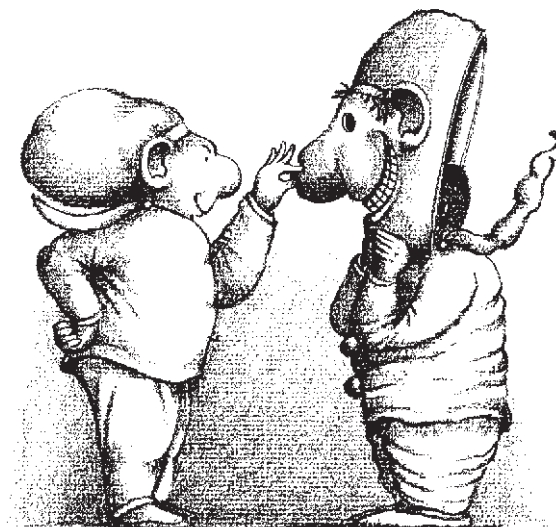
Syracuse Track Club
c/o Margaret Hartmann
108 Guilford Rd
Syracuse, NY 13224



SYRACUSE TRACK CLUB
SEVENTEENTH ANNUAL

HALLOWEEN RUN

OCTOBER 25, 2009
BALDWINVILLE, NEW YORK



COURSE DESCRIPTION:

The Bruegger's Halloween Run 5K course is flat and fast and goes around Beaver Lake. It is not certified.

HALLOWEEN FUN RUN:

The route is about six-tenths of a mile. The course will be marshaled and parents are welcome to run along.

LOCATION:

Beaver Lake Nature Center
8477 East Mud Lake Rd
Baldwinsville, NY 13027

No Pets Allowed
\$2.00 Parking Fee



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RACE ENTRY FORM

WAIVER: I agree to hold harmless The Syracuse Track Club, Bruegger's Bakeries and the Onondaga County Parks Department from all cost, expense, and liability arising out of my participation in the Halloween Run. I hereby waive all claims for damage or loss to my person or property which may be caused directly or indirectly from my participation, and hereby assume liability for any loss, damage, or other liability from the event. I give my permission for medical release should I be involved in any accident, or health damaging situation, or should I require any form of medical treatment. I hereby attest I am in proper health and physical condition to participate.

Signature _____
(under 18 years of age, parent signature required)

Name _____

Address _____

City _____

State, Zip _____

Age (as of 10/25/2009) _____ M / F

T-Shirt size: Medium Large X-Large

Make checks payable to:

Syracuse Track Club
108 Guilford Rd
Syracuse, NY 13224

ENTRY FEES:

Pre-registration postmarked by 10/22/09: \$18
After 10/22/09 and race day: \$20

\$2.00 per car parking fee benefits Beaver Lake

AMENITIES:

Long-sleeve shirt
Certificate for 3 free Bruegger's Bagels
Fruit, juice and bagels compliments of Bruegger's Bakeries
Chip timing

SCHEDULE:

Sunday 10/25/2009
8:00 - 9:00 am: Registration & packet pickup
9:30 am: Children's Fun Run (FREE)
10:00 am: 5K Trail Run

Event will be held rain or shine.

CHILDREN'S FUN RUN:

Special Halloween treat to each participant.
Costume contest.

AWARDS:

5K Trail Race (one award per entry)
Overall Male and Female

First, Second, & Third in age groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over



www.syracusetrackclub.org



Sanctioned by
the USATF