


**Syracuse Chargers Track Club**  
Presents the Eighteenth Annual  
**Willow Bay 5K Run & Fitness Walk for Women**  
Saturday, August 20, 2011, 9:00 AM  
Willow Bay in Onondaga Lake Park, Liverpool, NY  
**Syracusechargers.org/willow**

**Course:** Flat, certified (NY83004TC) out and back course along the East Shore of Onondaga Lake. Start at Willow Bay; turnaround near Yacht Club; finish at Willow Bay. Enter the park via Longbranch Road.

**Entry:** Pre-register by mail (post-marked by August 11) for \$15, via  [www.active.com](http://www.active.com) or register on race morning for \$25 at Willow Bay between 7:30 and 8:30 am.  
**\*Remember: No entry fee for women 65 years or older!!** Attractive tee shirts distributed to the first 300 entrants. Race packets may be picked up at Fleet Feet on Erie Blvd on Thursday, Aug 18 from 5:00 -7:00 pm. Fleet Feet will give a treat to those picking up their packet at the store. Packets will also be available on site on race morning.

**Amenities:** Bathrooms are available throughout the park. Refreshments will be provided for all runners and walkers following the race. Come dressed to run.

**Awards:** Top 3 finishers overall; top three teams in each family category:  
**Mother-Daughter; Sister-Sister; Grandmother-Granddaughter & Aunt-Niece**  
Age-group awards to the top three finishers in these age groups: 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49,50-54, 55-59, 60-64, 65- 69, 70-74, 75-79, 80-84, 85 +. Overall and age group awards will not be duplicated.  
There will be drawings for **door prizes** at the awards ceremony. You must be present to receive one.

**\* Double Your Fun Challenge.** If you double your finish time and it is less than your age on race day, you win a special prize! Please make your check payable to: "Syracuse Chargers Track Club" and mail your check and entry form to: Mickey Piscitelli, 4091 Cortina Road, Baldwinsville, NY 13027

Questions? 315 638-9662 or mpiscite@twcnny.rr.com

\*\*\*\*\* **Entry Form** \*\*\*\*\*

Name \_\_\_\_\_ Age(on 8/20/11) \_\_\_\_\_ D.O.B. \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_ E-Mail \_\_\_\_\_

**Shirt size:** Small Medium Large X-Large (size guaranteed if entry received by Aug 1)

Family Team Categories (circle as many as apply and name your teammate; team members should complete individual applications and mail them in the same envelope)

Mother-Daughter      Sister-Sister      Grandmother-Granddaughter      Aunt-Niece  
\_\_\_\_\_

**Willow Bay 5K Run & Fitness Walk Waiver**

I know that running or walking is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I assume all risks associated with running and walking in this event including, but not limited to: falls, contact with other participants, the effects of the weather including high heat and humidity, traffic, and or the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I for myself and for anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club, the Village of Liverpool, Town of Salina, Onondaga County, Onondaga Lake Park, RRCA, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I understand that bicycles, skateboards, Baby joggers, rollerblades, animals, and Ipods and MP3 players are not allowed in the race, and I will abide by this guideline.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(If under 18, both participant and parent/guardian must sign)