



The Syracuse Chargers Track Club
 Presents the 26th Annual
Willow Bay 5K Run & Fitness Walk for Women
 Saturday, August 17, 2019, 9:00 AM
 Willow Bay in Onondaga Lake Park, Liverpool, NY
<http://syracusechargers.org/events/willow-bay>



Course: Flat, certified (NY83004TC) out and back course along the East Shore of Onondaga Lake. Start at Willow Bay; turnaround near the Yacht Club; and finish at Willow Bay. To get to the start, enter the park via Long Branch Road.

Entry: Pre-register by mail (post-marked by August 9) or via www.RunSignUp.com for \$30; \$35 between August 10 and 16 (online only); or register on race morning for \$40 at Willow Bay between 7:30 and 8:45 am. ***Remember: No entry fee for women 65 years or older!!** Attractive souvenir shirts distributed to the first 230 entrants. Race packets may be picked up at **Fleet Feet** on Route 31 in Clay on Thursday, Aug 15, from 5:00 -7:00 pm. 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 win!

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? mpiscitelli2@verizon.net

***** Entry Form *****

Name _____ Age (on 8/17/19) _____ D.O.B. ____/____/____

Address _____ Phone (_____) _____ - _____

City _____ State _____ ZIP _____ E-Mail _____

Shirt Size: Small Medium Large X-Large 2X-Large (These are women's fit sizes! Sizes guaranteed if entry received by 7/ 31)

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

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

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, strollers, baby joggers, rollerblades, animals, iPods and MP3 players are not allowed in the race, and I will abide by this guideline.

Participant's Signature _____ Date _____

Parent's Signature if under 18 _____ Date _____