



47th Annual CAZENOVIA JULY 4th FOOT RACES 2019

Dan Sutton Memorial Race
Administered by the Syracuse Chargers Track Club
& the Cazenovia High School Cross Country and Volleyball Programs



Entries Received by June 24 - \$30 Online Registration Only: June 25 - June 29 - \$35 June 30 - July 2 - \$40

To encourage online registration, we have eliminated all online processing fees! Mail-in registration deadline is June 24
For online registration please visit: http://www.Caz4thRun.org

Events: 8:00 am 5k (3.1 mile) race USATF Certified
8:10 am 1-mile fun run USATF Certified
8:45 am 10 mile race around Cazenovia Lake USATF Certified
All Races start near Cazenovia High School

Awards: 5K age group awards (top three) for men and women in the 0-13, 14-19, and then 5 year age groups.
10-mile age group awards (top three) for men and women in the 0-19 and then five-year age groups.
Cazenovia Jewelry Half-Century Award for first 50+ man & woman finisher in 5K & 10 M Races

Facilities: Facilities are limited, so please come dressed to run. Parking is also limited so arrive early and car pool!

Packet Pick up: Wednesday, July 3 at Fleet Feet Sports-Dewitt from 3-6pm
On race morning at Cazenovia High School from 6:45 am - 8:45 am

Results: Timing & Results for 5K and 10 Mile races provided by Leone Timing
Questions: E-mail info@caz4thrun.org

Pets, roller skates, roller blades, baby joggers, bicycles, skateboards, any electronic headsets (except for hearing aid) present hazards to runners and are prohibited in the race.
Any wheelchair participants and those with adaptive devices will start the 10 Mile Race prior to 8:45 am and will need to e-mail info@caz4thrun.org to make proper arrangements.



The John Dermody Insurance Group
315 569 -3434 & 607 756- 4440
5 Ledyard Avenue, Cazenovia, NY 13035
3660 The Park, Cortland, NY 13045
17 Zane Road, Binghamton, NY 13901

Registration after June 24 Online only-- \$33 6/25-6/29, Shirt Not Guaranteed; \$38 6/30-7/2)

Make checks payable to Syracuse Chargers Track Club and mail to: PO Box 133 // Bridgeport, NY 13030

Official Use Only box

Registration form fields: Last Name, First Name, Sex, Age as of 7/4/19, Street Address, City, State, Zip

E-mail: _____

T-Shirt Size (YL, S, M, L, XL) and Check Event (5K, 10M, Mile Fun Run) checkboxes

Participant Waiver for Race Registration

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, strollers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club, the Town of Cazenovia, the Village of Cazenovia, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____

Parent's Signature if under 18 years: _____ Date: _____