



The Syracuse Chargers Track Club



Presents the 27th and 28th Annual
Willow Bay 5K Run & Fitness Walk for Women
Virtual and In-person Options!
In-person Event will be Saturday, August 21, 2021, 9:00 AM

Willow Bay Shelter in Onondaga Lake Park, Liverpool, NY



<https://runsignup.com/Race/NY/Liverpool/WillowBay5k>

<http://syracusechargers.org/events/willow-bay-womens-5k-2021-08-21>

For 2021, the Race Committee decided to make up for lost time by holding the 2020 race (the 27th Annual) this year as a virtual run, while we are back to in-person racing for the 28th edition, also this year. Come join us for either event as you prefer, or both! Each race sports a different souvenir technical running shirt.

The 27th Annual Willow Bay 5K VIRTUAL Run & Fitness Walk for Women **– The Race That Never Happened –**

Sign up for this event from now until August 10 on RunSignUp for a \$30 registration fee. Unique technical running shirts are given to all finishers completing your own course with submitted results by August 17, 2021.

- Please pick up your shirt at Fleet Feet on August 19, 5:00 – 6:30 PM.
- There will be no age group/overall/teams/Double Your Fun awards provided for this race
- Entry fee is required for participants over 65 (free entry is still offered for the in-person edition)

The 28th Annual Willow Bay 5K IN-PERSON Run & Fitness Walk for Women

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: Register now at www.RunSignUp.com for \$30; prices go up after August 6th; to \$35 through August 19, and then \$40 on race morning 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 19, from 5:00 – 6:30pm. 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!

Questions? Ask Race Director:

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