



# The Syracuse Chargers Track Club

Presents the 29<sup>th</sup> Annual

## Willow Bay 5K Run & Fitness Walk for Women

Saturday, August 20, 2022, 9:00 AM

Starts near Willow Bay Shelter in Onondaga Lake Park, Liverpool, NY



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

<http://syracusechargers.org/events/willow-bay-womens-5k-2022-08-20>

**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](http://www.RunSignUp.com) for the early bird pricing of \$35; prices go up after August 6<sup>th</sup> to \$40 through August 15. The registration fee will be \$45 from Aug. 16 through race morning at Willow Bay with last minute sign-ups between 7:30 and 8:45 am. **\*Remember: No entry fee for women 65 years or older!!**

Attractive souvenir shirts guaranteed to the first 150 entrants. Race packets may be picked up at **Fleet Feet** on Route 31 in Clay on Thursday, Aug 18, from 5:00 – 6:30 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!

Questions? [mpiscitelli2@verizon.net](mailto:mpiscitelli2@verizon.net)

### The Virtual Willow Bay 5K Run & Fitness Walk for Women

Sign up for this event from now until August 9 on RunSignUp for a \$35 registration fee. A souvenir shirt will be given to all finishers completing your own course with results submitted by August 16, 2022.

- Please pick up your shirt at Fleet Feet on August 18, 5:00 – 6:30 PM.
- There will be no age group/overall/teams/Double Your Fun awards provided for this virtual race.
- Entry fee is required for participants over 65 (free entry is still offered for the in-person edition)