



# The Syracuse Chargers Track Club

Presents the 30<sup>th</sup> Annual

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

**Saturday, August 19, 2023, 9:00 AM**

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



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

<https://syracusechargers.org/events/willow-bay-womens-5k-2023-08-19>

**Course:** Flat, certified (NY83004TC) out and back course along the East Shore of Onondaga Lake. Start at Willow Bay, turnaround at the marker 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 RunSignUp for \$35; prices go up after August 6<sup>th</sup> to \$40 through August 18, and then \$45 on race morning (Aug 19) at Willow Bay between 7:30 and 8:45 am. **\*Remember: No entry fee for women 65 years or older!!** Attractive souvenir technical shirts available to the first 200 registered. Race packets may be picked up at **Fleet Feet** on Route 31 in Clay on Thursday, Aug 17, 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:** **Commemorative 30<sup>th</sup> Race anniversary medal** for all finishers.

**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 will win a special prize! You are automatically entered into this challenge and will be computed by the timing company at no cost to you!

**Questions?** Email Mickey at [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 8 on RunSignUp for a \$35 registration fee. A technical running shirt will be given to all finishers completing your own course with submitted results by August 15, 2023.

- Please pick up your shirt and finisher's medal at Fleet Feet on August 17, 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 virtual participants over 65 years old (free entry for over 65 is still offered for the in-person edition)