



Spencerport Canal Splash 5K Run/Fitness Walk

Sunday, August 10, 2008 6:30 p.m.

Musical guest: RUBY SHOOZ playing at Spencerport's gazebo...bring the family!



Course

This flat 5K course begins on the north side of the Erie Canal Path, heading west, with turn-around 1/2 way. Two water stops will be located throughout the course.

Awards/Prizes

Medals will go to 1st, 2nd and 3rd male/female age group winners.

Door prizes from local merchants drawn for early entry registrants. **First 75 entries** receive t-shirt and coupon for FREE Barton's Parkside Hot (available at family concert that evening).

Age groups: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-49, 50-59, 60-69, 70 and over.

Registration

\$12 before August 2nd. \$15 after the 2nd/ day of race.

T-shirts will be given to the first 75 entries runners/walkers who pre-register.

Packet Pick-Up

Pre-registrants may pick up their numbers & packets on Saturday, Aug. 9th from 12-4 at address below, or at pavilion on day of race.

Race Day Schedule

5:00 p.m. -Registration begins. Numbers assigned at Merz Park (canal-bank pavilion, east of Union St.).

6:30 p.m.-Race starts and ends at Parking lot on North side of Erie Canal.

For more information, contact Meg LeBeau at: canalsplash08@rochester.rr.com

Mail registration to: Meg LeBeau
Canal Splash Committee
117 West Ave.
Spencerport, NY 14559

Please make checks payable to: **Spencerport Area Chamber of Commerce-Canal Splash 5K**

Registration Form (Please Print)

First Name: _____ Last Name: _____
Address: _____ City: _____ Zip: _____
Phone: _____ Gender M F Age on Race Day: _____ Walker _____ Runner _____
Shirt Size: S M L XL (first 75) Email: _____

Mandatory Waiver (Signature Required)

I know that running/walking a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection will be provided, there will be traffic on the 5K-course route. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event, including but not limited to falls, contact with other participants, the effect of the weather, including high heat and/or humidity, and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge The Spencerport Area Chamber of Commerce, Ogden Police, race officials, volunteers, any and all sponsors, including their agents, employees, assigns or anyone acting on their behalf, from any and all claims of death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

Signature of Walker/Runner: _____

Signature or Parent/Guardian if Under 18 _____