

Palmyra Canaltown Days 5k

14th Annual 5k to Benefit the Palmyra Canaltown Days Festival



When: Sunday September 17th, 2017

9:00 a.m. Start

Where: Palmyra, New York



PALMYRA CANALTOWN DAYS

Course: The 5k run/walk course begins at the corner of Market St. and Division St. and runs north on Division St., continues south on Maple Ave., and finishes on Main St. in front of the Village Hall. Our event is sanctioned by USATF (#C16063380).

Registration: \$16 pre-race until September 5th, 2017 (\$12 for children <18 years old)
\$20 thereafter and day of race registration (\$15 for children <18 years old)
Checks payable to *Palmyra Canaltown Days*
Mail forms to: Matt Robbins, 2761 Haak Road, Walworth, NY 14568



**Online Registration: <https://runsignup.com/Race/NY/Palmyra/CanaltownDays5k>

Awards: First overall male and female winners: \$50. Non-cash awards to top male and female Masters (40+) and top three male and female finishers in each age group (14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+). Also, awards will be given for the fastest combined times in each of the following categories: husband/wife, mother/son, mother/daughter, father/son, father/daughter. All first time 5k finishers will also receive ribbons.

Questions: Contact Matt Robbins at palmactrack@gmail.com

T-Shirts: To the first 75 registered runners.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by the decision of the race officials relative to my ability to safely complete the event. I assume all risks associated with running/walking this event including, but not limited to, falls, contact with other runners, the effects of the weather, including high heat and/or humidity and the conditions of the course, all such risks being known and appreciated by me. I grant permission to the organizing group to use any photograph, motion picture or recording of my taking part in this event for any legitimate purpose. Having read this waiver acknowledging these facts and in consideration of you accepting my entry, I for myself, and everyone entitled to act on my behalf, waive and release the Palmyra Canaltown Days Committee, race organizers and volunteers, Village of Palmyra, Town of Palmyra, USA Track and Field (USATF), their representatives and successors and any and all race sponsors or volunteers from claims or liabilities of any kind arising out of my participation in this event. I understand that the entry fees are nonrefundable. I have read this waiver and certify my compliance and agreement with its contents with my signature.

Name: _____ Male Female

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Age on day of race: _____ Email: _____

Signature of runner/walker: _____

Parent or Guardian **MUST** sign if under 18 _____

check all award categories that apply
_____ 1st time 5k Runner _____ Husband/Wife _____ Mother/Son
_____ Mother/Daughter _____ Father/Son _____ Father/Daughter

Shirt Size: [] S [] M [] L [] XL [] 2XL

RETURN FORM TO: Matt Robbins, 2761 Haak Road, Walworth, NY 14568