



# 2011 Utica Roadrunners Development Runs

## Start May 4th, 2011

20 weeks (5/4/11 - 9/14/11)

**Registration:** - 6:00 pm \* **FEE:** \$ 1.00 per person/\$ 2.50 per family

(Note: time change 1 hr. earlier beginning 7/13)

<u>Time</u>	<u>Distance</u>	<u>Ages</u>
6:30	2.5 Mile Walk	All
6:45	2/10 m Fun Run	7 and Under
	1/2m Fun Run	8 and up
7:00	10K /5K / 2Mi Run	All

**FREE** for Utica Roadrunner's **NO WAIVER** required

**Medals** will be awarded to children ages 2 - 18 participating in 10 of the 20 weekly events.

**T-shirts** will be awarded to anyone who participates in 15 of the 20 weekly runs.

*Participation credit will be given to anyone who runs, walks or volunteers at the weekly events*

## Volunteers are ALWAYS needed

For more information Contact: Linda Turner 769-4870 E-mail: [train2run15k@adelphia.net](mailto:train2run15k@adelphia.net)

Check out Development Run website <http://www.train2run15k.com/DevRun.html>

### Registration Form:

DR Number:  Last Name  First Name  Sex:

UR Member(Y/N):  Address  City  State  Zip

DOB  DaytimePhone  Evening Phone  E-mail  Shirt

### Waiver

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a program official relative to my ability to safely complete this program. I assume all risks associated with participating in this program including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver, and knowing these facts and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release, the Utica Roadrunners, the City of Utica, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this program. I understand that this waiver covers all Runs associated with the summer Wednesday Night Development Runs

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parents Signature if under 18 \_\_\_\_\_

Date \_\_\_\_\_