JULYFEST

2013 PARLOR CITY 5K RUN

MUSICFEST

BINGHAMTON, N.Y.

SATURDAY, JULY 13, 2013 - 9:00 AM

A 5K Open Road Race

SATURDAY, JULY 13, 2013

9:00AM

A race through Binghamton's Historic Downtown and West Side

FOLLOWING THE RACE...

Binghamton Music & Jazz Festival — July Fest

OFFICIAL STARTER

OUR FINE SPONSORS

Chemung Canal Trust Company

UHS

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TO BENEFIT:

The Magic Paintbrush Project — Life is... Washable!

ORGANIZED BY:
Triple Cities Runners Club, Downtown Binghamton Business Association, City of Binghamton

REGISTER ONLINE: RunReg.com

USATF Certified NY11034JG

Please send signed release and entries to:
Downtown Binghamton Business Assoc. c/o Sall-Stearns, 52 Court St., Binghamton, NY 13901

REGISTRATION NOTICE:
Pre-registration is highly recommended for all categories.
Race day registration 7:00 - 8:30 am near Boscov's main entrance
Registration closes and field is set at 8:30 am sharp!

REGISTRATION:
Note: Kid's Run will be held after the 5K finish

PLEASE PRINT CLEARLY

Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Club: _____

Sex: _____M _____F Date of Birth: _____/_____/_____ Age on Day of Race: _____

Phone (day): _____ Phone (evening): _____

Check Appropriate Category:

☐ Kid's Run (< 9) - free

Male	Female
☐ 10 - 12	☐ 10 - 12
☐ 13 - 15	☐ 13 - 15
☐ 16 - 19	☐ 16 - 19
☐ 20 - 29	☐ 20 - 29
☐ 30 - 39	☐ 30 - 39
☐ 40 - 49	☐ 40 - 49
☐ 50 - 59	☐ 50 - 59
☐ 60+	☐ 60+

Shirt Size: __S __M__L __XL__XXL

Athlete's Release Form:

I know running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in the event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running this event, including high heat and/or humidity, traffic and the conditions of the road. All such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers or carriages, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this rule. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Downtown Binghamton Business Association, City of Binghamton and Triple Cities Runners Club, and any and all sponsors or contributors involved in this event, from all claims or liabilities of any kind arising out of my participation in the event, even though that liability may arise out of negligence or carelessness on the part of the sponsoring bodies. This release shall be binding upon my heirs, administrators, successors and assigns and those of the sponsoring organization. By this release I fully intend to discharge the said organization from any and all injuries or losses suffered by me while participating in and traveling to and from this event.

Signature: _____ Date: _____/_____/_____

Parents Signature
(if under 18 years): _____ Date: _____/_____/_____

Whom to notify in case of emergency:

Name: _____ Phone: _____

Athlete's Email: _____

5K Run entry fees are as follows (please check one):

____ $14 No shirt received by June 28th

____ $21.00 with shirt received by June 28th

____ $21 Late Entry with shirt (if available)

Make checks payable to: Downtown Binghamton Business Association

DIVISIONS & AWARDS:

Prizes will be awarded to the top three places in each Male/Female age division, to the first place overall Male and Female and first overall Masters contestants. There will be no duplication of awards.

PLEASE NOTE:

- Pre-registration is highly recommended
- Race day registration: 7:00 - 8:30 am
- Registration on Water Street near Boscov's main entrance.
- Registration closes and field is set at 8:30 am sharp!
- Kid's Run will be held after the 5K finish
- No bikes, inline skates or dogs are allowed in the 5K
- 5K distance is USATF Certified#: NY11034JG
- Start at eastern side of Court Street bridge
- Finish line near intersection Court & Water Streets
- Split times will be available at Miles 1,2,3
- Water stations will be available at midpoint and finish
- Post race fruit snack will be provided

OUR FINE SPONSORS:

Chemung Canal Trust Company
Building relationships since 1833

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SPECIAL THANKS TO:

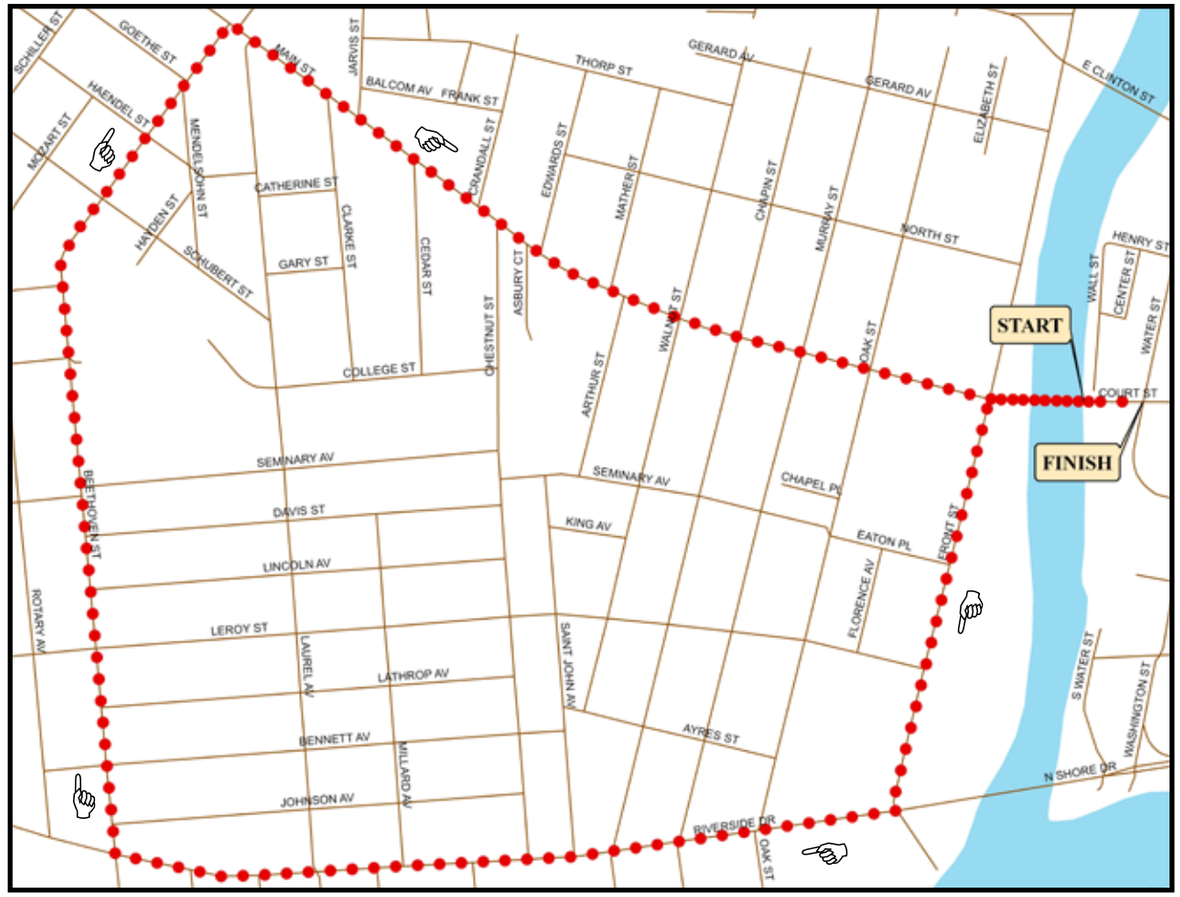
STOP DWI New York BROOME COUNTY

TRIPLE CITIES RUNNERS' CLUB

City of Binghamton

THE PARLOR CITY 5K COURSE

USATF Certified NY11034JG



- Binghamton Police will use a rolling cordon of lead/sweep vehicles.
- Runners will be directed to one half of the roadway and stay in the right lane of travel.
- Binghamton Police/Auxiliaries and volunteer marshalls will cover all intersections
- Runners straggling far back from the pack will be directed to finish on the sidewalk for their safety. The following escort vehicle will keep with the main group.

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