



**A 5K Open Road Race**  
**SATURDAY, JULY 12, 2014**  
**9:00AM**

**A race through Binghamton's Historic Downtown and West Side**  
**FOLLOWING THE RACE...**



**OUR FINE SPONSORS**



**TO BENEFIT:**



**ORGANIZED BY:**

Triple Cities Runners Club, Downtown Binghamton Business Association, City of Binghamton

**REGISTER ONLINE:**



**USATF Certified NY14059JG**

**CHIP TIMING!**



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

**REGISTRATION:**



**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:**

Male

Female

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

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

Shirt Size: \_\_\_S\_\_\_M\_\_\_L\_\_\_XL\_\_\_XXL

Kid's Run (< 9) - free

**Race in Style This Year!**

Our new **Sport-Tek** T-shirts take on your competitors in maximum comfort. Roomy, athletic cut and controls sweat like a champ:

- 3.8-ounce, 100% polyester
- Removable tag for comfort
- Double-needle sleeves & hem

**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):**

\_\_\_\_\_ \$15 No shirt - received by July 3<sup>rd</sup> \_\_\_\_\_ \$22 Late Entry with shirt (if available)  
 \_\_\_\_\_ \$22.00 with shirt received by July 3<sup>rd</sup>

**Make checks payable to: Downtown Binghamton Business Association No refunds**

**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.

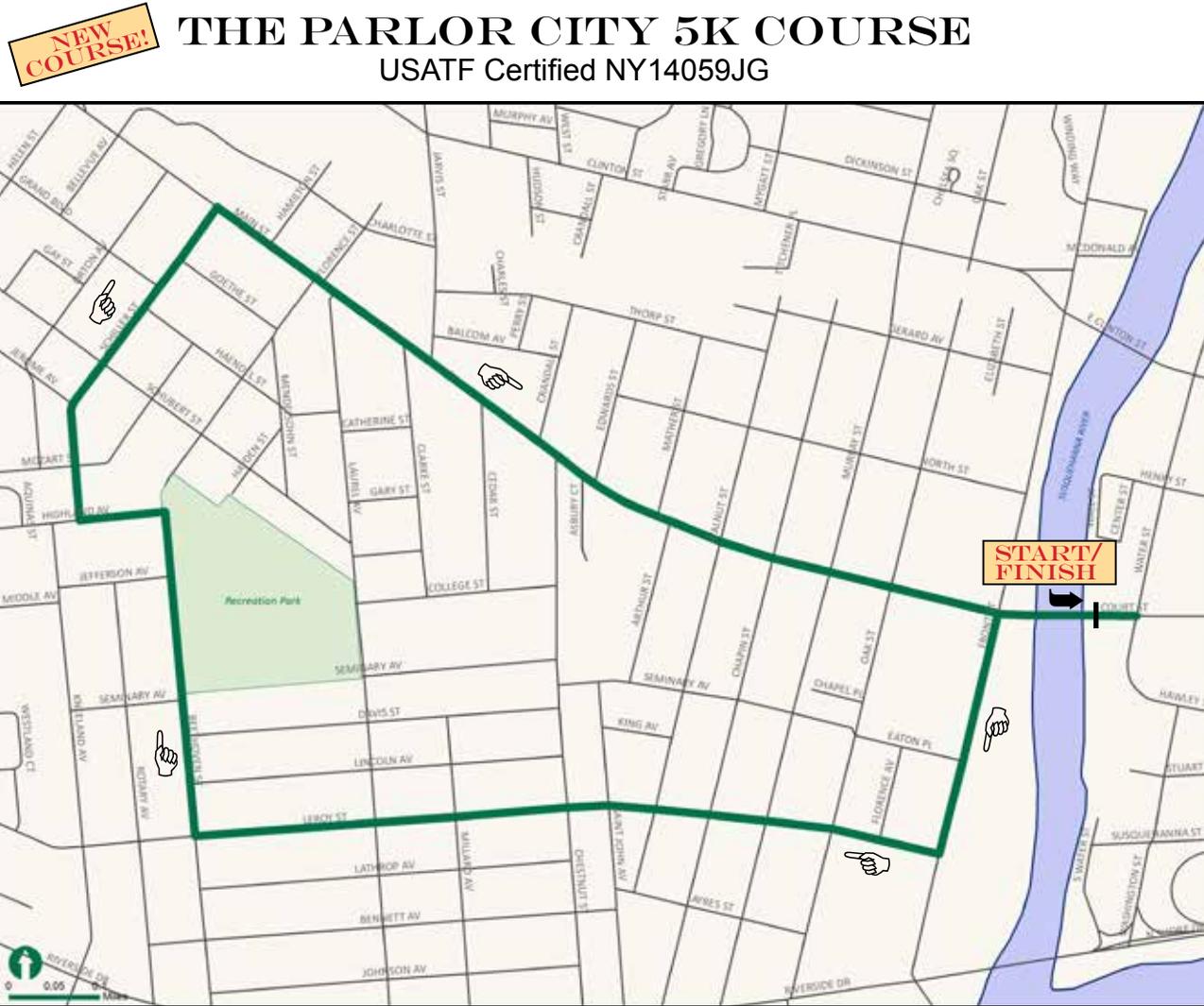
**PLEASE NOTE:**

- Chip timing
- 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 pending USATF certification
- Start/finish at eastern side of Court Street bridge
- 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:**



**SPECIAL THANKS TO:**



- 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.

**JULYFEST**

2014

# PARLOR CITY 5K RUN

MUSICFEST

BINGHAMTON, N. Y.

SATURDAY, JULY 12, 2014 - 9:00 AM

7<sup>th</sup> Annual 5K Open Road Race

SATURDAY, JULY 12, 2014

9:00 AM

A race through Binghamton's  
Historic Downtown and West Side  
**TO BENEFIT**

FOLLOWING THE RACE

Binghamton

MUSIC & JAZZ

July Fest

FESTIVAL

OUR FINE SPONSORS

Chemung Canal Trust Company