

The Triple Cities Runners
Club presents the

37th Annual

Forks XV

15 Kilometer Road Race

Sun. March 28, 2010

2:00 PM (see page 2)

Registration

12:00 PM to 1:45 PM at Chenango

Forks High School located on

Patch Rd, off of

Upper Front St. (NYS Route 12)

Entry Fee:

\$7 TCRC members until March 21

\$10 non members until March 21

Pre-registered runners receive shirt

\$12 after March 21 - all applicants

Make checks payable to: TCRC

Mail application and check to:

Tom Hamlin - TCRC

885 N. Longford Lake Road

Brackney, PA 18812

Contact Tom at 570-663-2030 or

Hamlin918@cs.com



Awards:
Male

First overall \$50
Second overall \$30
Third overall \$20
First Masters \$20

Age Group Awards

1-19 1st - 2nd 45-49 1st - 6th
20-29 1st - 2nd 50-54 1st - 4th
30-34 1st - 2nd 55-59 1st - 4th
35-39 1st - 4th 60-69 1st - 2nd
40-44 1st - 6th 70 up 1st - 2nd

Female

First overall \$50
Second overall \$30
Third overall \$20
First Masters \$20

Age Group Awards

1-19 1st - 2nd 40-44 1st - 2nd
20-29 1st - 2nd 45-49 1st - 2nd
30-34 1st - 2nd 50-59 1st - 2nd
35-39 1st - 2nd 60-69 1st - 2nd
70 up 1st - 2nd

No duplicate Awards

**IF CASH AWARD IS WON BY COLLEGE **
OR HIGH SCHOOL STUDENT WITH RUNNING
ELIGIBILITY, THE MONEY WILL BE DONATED
TO CHARITY OF WINNER'S CHOICE.
ATROPHY WILL BE PROVIDED LATER.

Course Records:

Male: Tom Carter 46:15 1982

Female: Cindi Girard 54:01 1994

Last Name _____ First Name _____ Early Start (1:30 PM) Y/N _____

Sex M F Age on race day _____ Date of Birth _____ Telephone number _____

Street Address _____ E-mail Address _____

City _____ State _____ Zip _____ Club _____

Shirt size - preregistered runners only (circle one) S M L XL

Waiver: I know that running a road race is potentially a 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 race official relative to my ability to safely complete the run. I assume all the risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of weather, 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 entry, I, for myself and anyone entitled to act on my behalf, waive and release the race organizers, the Triple Cities Runners Club, the Chenango Forks School District, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. No running strollers or headsets allowed during race.

Signature _____ Date _____

Parent's Signature (if under 18 years old) _____ Date _____

2 STARTS - 1:30pm for runners that think they will take longer than 1 hr and 45 minutes. 2:00pm for the main field. This is for safety and reducing the volunteers time on the course. IF YOU WANT TO START AT 1:30PM, PLEASE INDICATE ON YOUR APPLICATION.

Heated cafeteria before and after race.

Showers available.

Waterstops at 2miles, 4miles, 6miles, 7.7miles & Finish.

Gel station at 7 miles.

Ambulance on the course.

Mile-markers

First mile time check

All finishers receive finisher's memento.

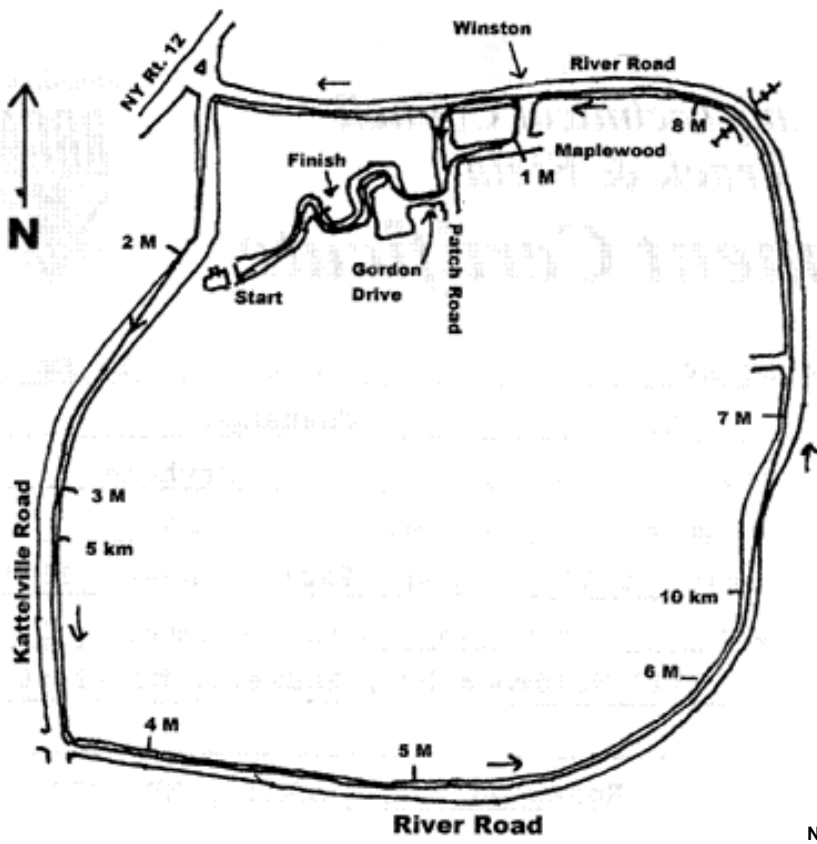
All preregistered runners receive race t-shirt.

Refreshments available after race.

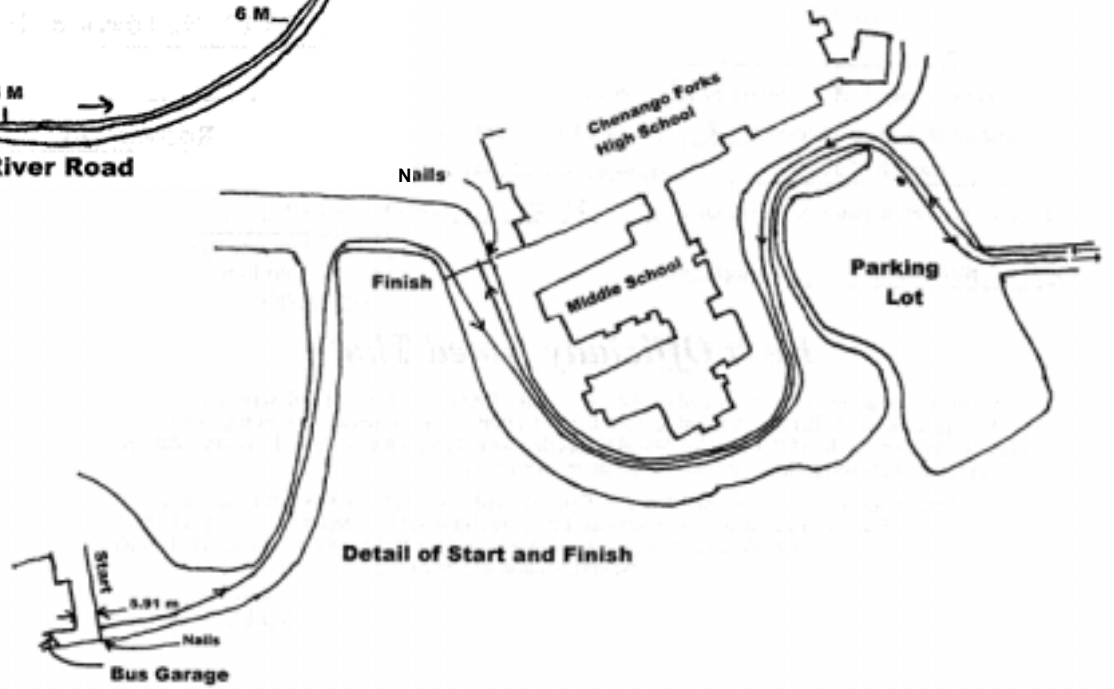
Finish results will be in the TCRC web-site. Triplecitiesrunnersclub.org



Tom Hamlin - TCRC
RR#1 Box 3094
Brackney, PA 18812



Course Map



Detail of Start and Finish