

St. Patrick's Church, the TCRC and all our sponsors present the 9th annual

St. Patrick's Day 4 Miler

Binghamton, NY
March 13, 2010



4 mile open road race and Professional NYS
Police Dept. vs. Fire Dept. team competition

First five finishers from each department score.
Winning team decided on lowest cumulative time.



What: A 4 mile road race through Binghamton's west side and downtown.

When: Saturday, March 13, 2010. Race starts at 10:00AM

Where: Start and finish at St. Patrick's Church at the corner of Leroy and Oak Streets in Binghamton, NY.
Check-in, registration, and post-race refreshments are in the gymnasium behind the church.

Entry Fee: Preregistration \$15 which includes a very cool long sleeve t-shirt. **Must be received by March 7th.**
Day of race registration \$8 (no shirt). Limited # of shirts will be available for \$10 on race day.

*****All proceeds will be used for community and church related youth athletics.*****

FAMILY DISCOUNT - \$30 gets you (2) T-shirts and unlimited race entries.

Preregistration: Fill out the entry form on the back side, sign waiver, and send form and check to:
Vince Kelley, 70 Johnson Ave. Binghamton, NY 13905

****Please make checks payable to St. Patrick's Church, not Vince Kelley****

Race day registration and packet pickup: 8:45 - 9:45 AM in gymnasium. **NO registration after 9:45.**

Course: Mainly flat, fast course run on city streets. USATF course certification # NY01058AM

Awards: Cash awards for male and female OPEN and MASTER divisions first 3 places (\$35 - \$25 - \$15)

Age/sex group winner awards (14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over)

Awards to winning team in the Police vs. Fire Departments team competition.

Awards to the fastest Police and Fire Department runners.

Awards to the fastest Clydesdale and Athena runners.

Note: The race directors reserve the right to reject any entry for any reason. The race is run with traffic on city streets, so headsets, baby strollers, and dogs are unfortunately, **NOT ALLOWED**. Those observed displaying poor manners towards motorists or not obeying the traffic marshals may be disqualified.

More Info: Contact Vince Kelley (607) 729-3340 (evenings), or e-mail at runnerkelley@yahoo.com

Results will be posted on the TCRC website (<http://www.triplecitiesrunnersclub.org/>)

Thanks to our sponsors: J A McCormack Sons Funeral Home, Binghamton Police Benevolent Association, Binghamton Firefighters IAFF Local #729, House of Reardons, Ancient Order of Hibernians, Wegmans, Court Jester Athletic Club, Oakdale Mall, BAE Systems, Pet Depot, Embroidery and Screen Printing Network, Vieira & Associates CPAs, M & T Bank, Physical Therapy at Oakdale, Chumsky & Collins CPAs, Weis Markets, The Relief Pitcher, The Triple Cities Runners Club

2010 St. Patrick's Day 4 Miler Application Form

Last Name _____ First Name _____

Sex M F Age on race day _____ Date of birth _____ Phone number _____

Street Address _____ E-mail address _____

City _____ State _____ Zip _____ Club _____

If you are running as a member of a professional Police or Fire Department team, check here and list below

Name of Police or Fire Department _____ T-Shirt size S M L XL XXL (add \$1)

If you are a Clydesdale (male over 200 lbs), check here or an Athena (female over 145 lbs), check here

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, 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.

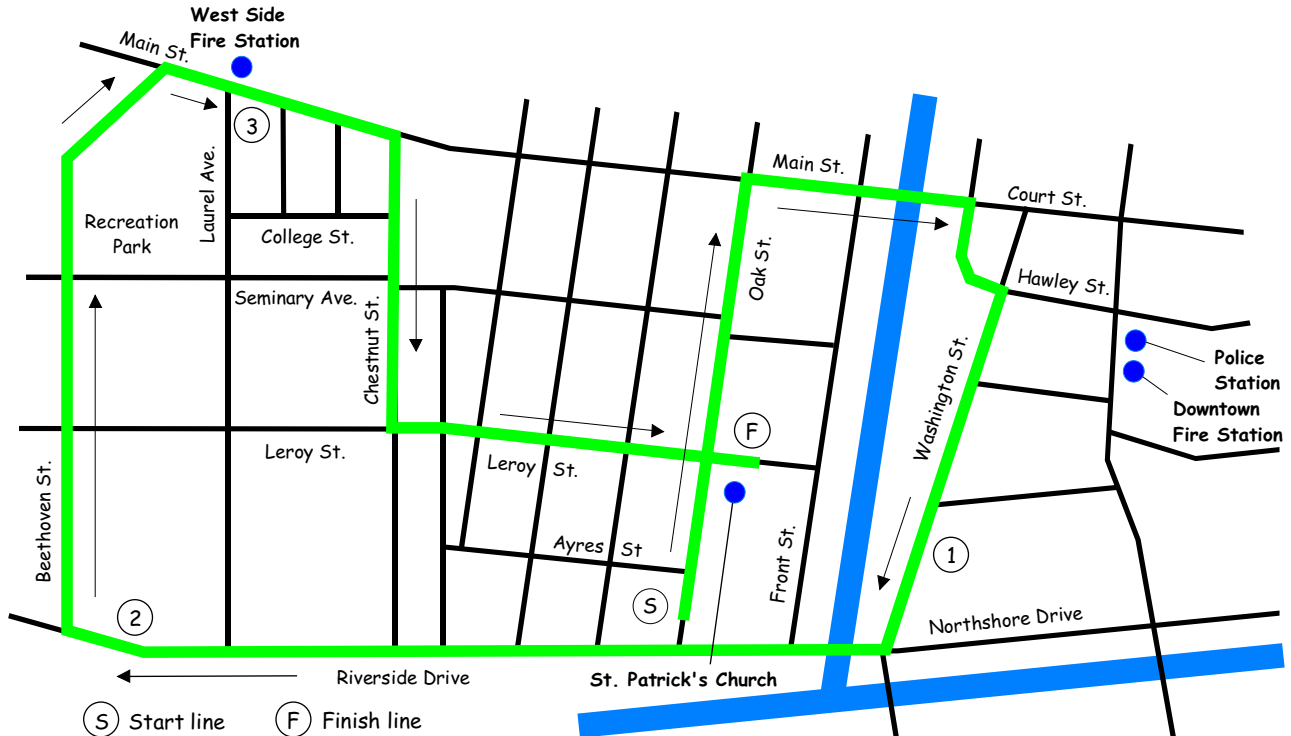
Signature _____ Date _____

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

Mail application and check (payable to St. Patrick's Church) to Vince Kelley, 70 Johnson Ave.. Binghamton, NY 13905

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Course Description: Start on Oak St. near Riverside Drive. Head north past St. Patrick's Church to Main St. Turn right on Main St. across Court St. Bridge onto Court St. to Hawley St. Turn right on Hawley St. to Washington St. Turn right on Washington St. to Northshore Drive. Turn right on Northshore Drive across Memorial Bridge to Riverside Drive. Straight on Riverside Drive to Beethoven St. Right on Beethoven St. to Main St. Right on Main St. to Chestnut St. Right on Chestnut St. to Leroy St. Left on Leroy St. to finish at St. Patricks Church.



Driving directions

Route 17 from west - Take exit 70S (near Oakdale Mall), follow Route 201S to the traffic circle. At traffic circle take Riverside Drive (approximately 2.6 miles) to Murray Street (Oak St. will probably be blocked). Turn left and go 2 blocks to Leroy St. Turn right and find parking at or near St. Pat's.

Interstate 81 and Route 17 from the east - Take exit 4S for Route 363S. Follow 363S until it ends in approximately 2 miles. Go straight - follow signs for Riverside Drive (don't take exit for Route 434). Take Memorial Bridge (right lane) to first traffic light at Front Street. Turn right and take your first left onto Leroy Street. Find parking at or near St. Pat's.

Interstate 88 and Route 7 - Follow Route 7 until end where Route 363S begins. Follow 363 until it ends in approximately 2 miles. Go straight - follow signs for Riverside Drive (don't take exit for Route 434). Take Memorial Bridge (right lane) to first traffic light at Front Street. Turn right and take your first left onto Leroy Street. Find parking at or near St. Pat's.

