

The  
Triple Cities Runners Club  
presents the Fortieth Annual

## *Vestal XX*

Twenty Kilometer Road Race Vestal, New York

Race Sanctioned by RRCA

Course Certified by USATF

June 19, 2010

8:00 AM Saturday

### Be a part of the oldest race in New York's Southern Tier

As in the past, any amount you give above the entry fee will be used by the Lukens-Jackson committee to help pay for low-income children from all races to attend Sky Lake Camp near Windsor, NY for one week. **This contribution is tax deductible.**

**COURSE:** 20 kilometers = 12.43 miles. See map or click here: <http://www.usatf.org/routes/view.asp?rID=266520> USATF Certified: NY0743JG. Aid stations close at 10:00 a.m.

**EARLY START:** There will be an early start for those runners who want to start early and do not expect to complete the race in less than two hours. To participate, show up at the starting line by 7:20 a.m. Early starters are not eligible for awards.

**FINISH LINE** officially closes at 10:30 a.m. This is a 12 minute/mile pace for the normal start and a 14:30 minute/mile pace for the early start. Please do not enter unless you can finish by 10:30 a.m..

**ENTRIES:** Send to Alan Jones, Vestal XX, 3717 Wildwood Drive, Endwell, NY 13760. **Questions?** Contact meet director, Dan Dougherty at [DDougherty4@stny.rr.com](mailto:DDougherty4@stny.rr.com) or 607-797-7374.

You can also register online through **imATHLETE**. Go to [www.imathlete.com](http://www.imathlete.com) and search for "Vestal XX".

**ENTRY FEE:** \$10.00 with pre-registration (received by June 15) or \$14.00 with post-registration. **TCRC members may deduct \$2.00 if they pre-register.** You may register race day. Make check in amount for entry fee plus contribution (see above) payable to VESTAL XX. Entry fee is waived for any past winner, male or female, of the Vestal XX or any runner 19 years of age or younger.

**REPORTING LOCATION:** Vestal Senior Center 201 Main Street, Vestal..

**POST RACE:** Refreshments, and printed results after completion of race. Results will also be posted on the TCRC Web Site <http://triplecitiesrunnersclub.org>

**AWARD CEREMONY:** 10:30 AM.

**COURSE RECORD:** Any male or female runner who sets a course record will receive an additional \$200.

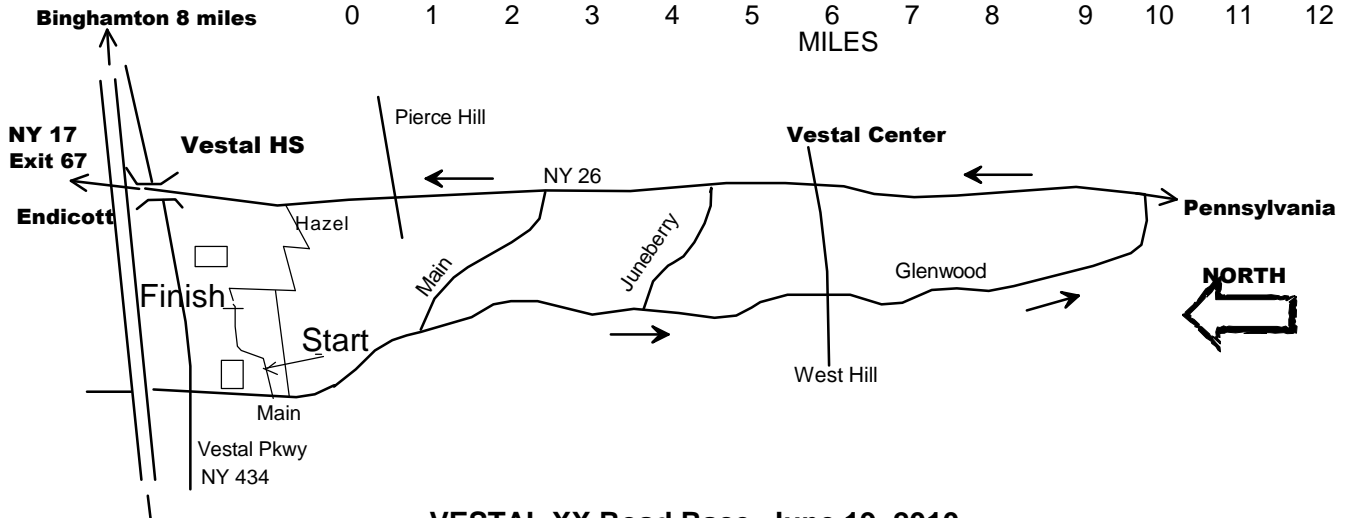
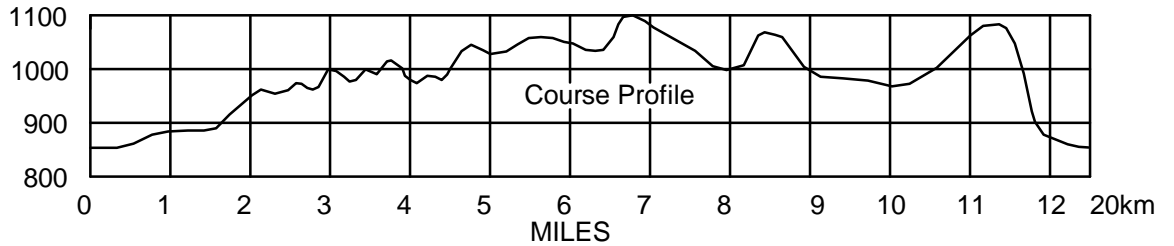
### Awards: Dick's Sporting Goods Gift Certificates

Instead of giving awards in age-groups, awards will be given based on "age and gender grading." This works by determining each finisher's performance level based on tables developed by Alan Jones and Rex Harvey for the **World Masters Athletics** (WMA) and the **United States Track and Field Federation** (USATF). The performance level is a percentage based on world records for the age and gender of the runner. Winners in the Open class are not eligible for the Age/Gender Graded awards.

<i>Open Male</i>		<i>Open Female</i>		<i>Age/Gender Graded</i>	
<u>Place</u>	<u>Award</u>	<u>Place</u>	<u>Award</u>	<u>Place</u>	<u>Award</u>
1	\$50	1	\$50	1-9	\$15
2	\$30	2	\$30	10-18	\$10
3	\$20	3	\$20	19-27	\$ 5

### Tom Carter High School award.

Special award will be given to the first boy and girl of high school or younger age.



**VESTAL XX Road Race, June 19, 2010  
Entry Form**

Name \_\_\_\_\_ Sex \_\_\_ Age on June 19 \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_\_ Amount included to help a low-income child attend Sky Lake camp.

**You must sign the waiver below.**

I know that 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 this 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 acknowledge that my entry fee is non-refundable, including if the race is cancelled because of an act of nature. 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 Triple Cities Runners Club (TCRC), Road Runners Club of America, Dick's Clothing and Sporting Goods, Crowley Foods, Inc., Broome County Trophies and Awards, the Vestal Central School District and the Town of Vestal, 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 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 organizations from any and all injuries or losses suffered by me while participating in and traveling to and from this event.

**\*\*\* No Headsets Allowed \*\*\* No Wheeled Vehicles Allowed\*\*\*\*  
\*\*\* You Must Stay on Left Shoulder on Route 26 \*\*\***

SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_  
(If under 18, both participant and parent/guardian must sign.)