

Prostates & Pancakes

Tioga State Bank Cure the Blue 5K and Kids Fun Run

Saturday, November 5, 2016; Hickories Park, Owego NY

5K Run begins at 9:00 am. Kids Fun Run begins at 10:00 am. Deadline for Pre-Registrations: Saturday, October 29, 2016 at noon.

*Mailed registrations received after the price increase deadline will be registered on race day and subject to the price increase due when packets are picked up.

Entry Fee: 5K Individual Pre-registration: \$25 for individuals
Teams of 4 or more: \$25 each – Team Name: _____
1 Mile Kids' Run (ages 5-10) \$10 each

Price Increase after October 29, 2016 at Noon:
5K Individuals: \$30
Teams of 4 or more: \$30 each – Team Name: _____
1 Mile Kids' Run (ages 5-10) \$15

Place: Any Tioga State Bank Office

Check-in: Pre-registered packets and race day registration will be on Saturday, November 5, at 8:00 am.

Awards: 1st, 2nd and 3rd Place prizes in the Male and Female categories will be awarded for the 5K Run.

Giveaways: T-shirts, water, fruit, food, and lots more will be offered to runners.

Note: The race directors reserve the right to reject any entry for any reason. Dogs are *absolutely forbidden*. Jogging strollers are allowed. Those observing poor manners or not obeying the traffic marshals will be disqualified. No refunds for cancellations.

Benefit: All proceeds will benefit Cure The Blue.

More Info: Sarah Rayle: marketing@tiogabank.com or 607-589-7600 ext. 0721.

For online registration visit the race website at www.runsignup.com.

For more information, go to www.tiogabank.com.

Entry Form

Make checks payable to Tioga State Bank and mail check and entry form to Sarah Rayle, 1 N. Main St., Spencer, NY 14883

T-Shirt Size

YS ___ YM ___ YL ___
S ___ M ___ L ___ XL ___ XXL ___

BIB #			

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Last Name

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First Name

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SEX

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AGE (as of 11/05/16)

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Street Address

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City

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State

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Zip

Email: _____ Phone # _____

5K Run/Walk Kids' 1 Mile Run

Method of Payment: Cash _____ Check # _____

Credit Card # _____ Exp. Date _____ CVV# (back of card) _____

Release: I know that running a race is a potentially hazardous activity. I agree 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 risks associated with running in this event, but not limited to, falls, contact with other participants, the effects of the weather – including high heat or humidity, traffic and conditions of the road, all such risks being known and appreciated to me. Having read the waiver and knowing these facts and in consideration of you accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Town of Owego, Tioga State Bank, and other sponsors, organizers or successors from all claims or liabilities of any kind arising out of my participation in this event.

Failure to date and sign release will invalidate your entry. Parent or Guardian's signature necessary if under 18 years of age.

Signature: _____ Date: _____