

The Triple Cities Runners Club Presents

The 44th Annual

Forks XV

15 Kilometer Road Race
Sunday March 26th, 2017
2:00 pm

Chenango Forks High School
1 Gordon Drive~ (off NYS Route 12)
Binghamton NY

Entry Fee:

until March 15th

\$15 no shirt, \$27 with premium race tee

**TCRC members please subtract \$2

All applicants after March 15th- \$20 no shirt

Online registration available at

www.runsignup.com/Race/NY/ChenangoForks/ForksXV

AWARDS

Top three male and female overall

Top three male and female masters

Age group awards will run three deep in 10 year age groupings.

Top team award

Course Records

Male: Tom Carter- 46:15 (1982)

Female: Cindi Girard- 54:01 (1994)

There will be two starts- 1:45 pm for runners who think they will take longer than 1 hour 45 minutes and 2:00 pm for the main field. If you would like the early start, please indicate this on the registration form. Early starters are NOT eligible for awards

PLEASE NOTE:

No pets, strollers or wheeled devices allowed on the course. No headsets or earbuds. These rules are for the safety of the runners, the volunteers and the drivers on the road. Use of these items will result in disqualification

Heated cafeteria before and after race

Waterstops at 2, 4, 6, and 7.7

Ambulance on the course

First 250 finishers receive custom gloves

Refreshments after

This is race number three in the Empire Road Race Series. For more information, check out www.empireraceseries.run



Entry Form

Last Name: _____

First Name: _____

Early start: Y / N Sex: M / F

DOB: ___/___/___ age on race day: ___

Street Address: _____

City/State/Zip: _____

Club or Team: _____

Premium race t-shirt (if desired):

Womens Cut: S M L XL XXL

Unisex: : S M L XL XXL

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running this event including, but not limited to falls, contact with other participants, contact with vehicular traffic, contact with spectators, the effects of weather and the conditions of the road. All such risks are 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 Triple Cities Runners Club, Chenango Forks School, 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 liability may arise out of negligence or carelessness on the part of the persons named in the waiver. For safety reasons, the use of headphones is prohibited

Signature: _____ date: ___/___/___

Parents Signature (if under 18): _____

PACKET PICK UP ON SATURDAY MARCH 25TH AT WATER STREET BREWING COMPANY FROM 3pm to 6pm. RACE DAY PACKET PICK UP STARTS AT NOON

Make checks payable to: TCRC

Mail application and check to:

Susan Cain

363 Ashley Road ~ Maine NY 13802