

Triple Cities Runners Club Presents  
The 34<sup>th</sup> Annual RRCA Women's Distance Festival  
5K Run & Walk and Kids Run



Thursday, August 16, 2018 at 6:00 PM

Otsiningo Park Binghamton, NY

*Women and girls of all ages and abilities...  
Come celebrate 34 Years of Women's Running*

**COURSE:** Flat, fast, scenic, and partly shaded course on paved trails at Otsiningo Park  
Start and Finish near Playground  
Registration & Awards at Lower Shelter  
5K Certified (course cert # [NY13006JG](#)) – Same Course as Last Year

**Fees:** **PRE-REGISTER by 8/9 with T-Shirt included (8/14 without T-Shirt)**  
\$17 – Runners, with Ladies tech T-Shirt (\$2 Discount for TCRC Members)  
\$7 – Walkers and Girls 18 and under (without T-Shirt)  
**Race Day Registration:** \$20 without T-Shirt (Limited supply of T-Shirts for \$10)

**AWARDS:**

- 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Overall and Masters
- Age Group Awards – 3 Deep  
(12 & Under, 13-15, 16-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+)
- Fastest First Timer Award In Memory of Diane Sherrer  
(Check on entry form if this is your **FIRST EVER 5K**)
- Middle of the Pack Award
- Team Awards: Mother/Daughter, Sister/Sister, Grandmother/Granddaughter

**FREE FUN KIDS RUN** (about 1/4mi) immediately following the 5k Run/Walk (approx. 6:45PM) for girls and boys 10 years old & under. All participants will receive a prize.

**FOR MORE INFO:** Contact Courtney Varano ([courtneyvarano@gmail.com](mailto:courtneyvarano@gmail.com))

**TO REGISTER:** Fill out entry form and waiver and send with check payable to TCRC to:  
*Triple Cities Runners Club care of Courtney Varano – 39 Elmwood Dr., Apalachin, NY 13732*

**ONLINE REGISTRATION:** RUNSIGNUP -

<https://runsignup.com/Race/NY/Binghamton/RRCAWomensDistanceFestivalandKidsRun>

LAST NAME \_\_\_\_\_ FIRST \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE NO. \_\_\_\_\_ EMAIL: \_\_\_\_\_

AGE ON RACE DAY: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

CHECK IF FIRST-EVER 5K \_\_\_\_\_ CHECK IF YOU ARE A WALKER \_\_\_\_\_

TEAM EVENT (CIRCLE ONE)

MOTHER/DAUGHTER

SISTER/SISTER

GRANDMOTHER/GRANDDAUGHTER

TEAMMATE'S NAME: \_\_\_\_\_

T-SHIRT SIZE\*: XS SM MED LGE XL

\*THIS IS A TECH T-SHIRT AND THESE ARE WOMEN'S SIZES

RACE FEE: \$ \_\_\_\_\_ TCRC MEMBER (\$2 Discount): \_\_\_\_\_ TOTAL ENCLOSED: \$ \_\_\_\_\_  
(Make one check payable to TCRC)

**WAIVER**

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 canceled 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, Broome County, and all other race 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 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.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(If under 18, both participant and parent/guardian must sign)