INNER HARBOR 5K

Syracuse, New York

Sunday August 27 2017

To Benefit the programs/services of It's About Childhood & Family, Inc. *(iacaf.org)*

Our Event Sanctioned by USATF

USATF CERTIFIED COURSE 2017 SANCTIONED EVENT

Schedule: 8:30 a.m. **Children's 2k Rainbow Run** (Sponsored by Diane E. Gilbert Memorial Fund)
9:00 a.m. **5-Kilometer (3.1 miles) Race** For Runners: **Massages, Music, Refreshments**
10:00 a.m. **Awards Ceremony** For the Kids: **Bouncy House, Snacks, Activities, Otto, & More!**

Course: This USTAF-certified (NY13099JG) 5k course will start and finish at the Syracuse Inner Harbor (Van Rensselaer St. & W. Kirkpatrick St.). This is a mostly flat and fast course and will go through Franklin Square. The Children's Run is a 2k course.

Entry Fee: **$20** for 5k if received by 7/7; **$25** by 8/11; **$30** by 8/25; **$35** 8/26 to race day; 2k Run **FREE** (t-shirt **$5**) – No Refunds. T-shirts are available in male and female sizes. **Register On-Line at www.RunSignUp.com**

Pledges: **OPTIONAL –** collect pledges, win prizes, and become eligible to win a child's bike (see next page for additional info.)

Awards: Overall top 3 male & female. 5k age-group awards to males and females in each of the following age groups: 0-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. Mid-pack prizes will also be awarded as recognition for those who run for the love of the sport. Finishing medals to all children in the Rainbow Run.

Packet Pick-Up: Saturday August 26 from 11:00-3:00 at Fleet Feet Sports (5800 Bridge Street, E. Syracuse NY 13057)
Sun 8/27 from 7:30-8:45am at the Inner Harbor. There are no changing/showering facilities. Please come dressed to run.

Results: **Chrono Track Timing provided by Leone Timing and Results**
Results posted at the race and will also be available on-line at fleetfeetsyracuse.com

Questions: Michael Gilbert 315-382-0541 mgilbert@iacaf.org

Syrathon FOOT RACE TOUR OF SYRACUSE PARKS

U.S.ARMY

The Junior League of Syracuse

Matt Roe
State Farm
437-4456

STATE FARM INSURANCE

Wegmans

FLEET FEET Sports

OBG

Roller skates, roller blades, baby joggers, headsets (other than hearing aids), and animals present hazards to runners and walkers and are strictly prohibited in the race.

BIB #

2017 Inner Harbor 5K Entry Form

Please make your check payable to IACAF, Inc. and mail to:
IACAF, P.O. Box 281, Jamesville NY 13078

5K Race_____ (**$20** by 7/7, **$25** by 8/11, **$30** by 8/25, **$35** from 8/26 to race day) Children's 2k Rainbow Run_____ (Free, **$5** t-shirt)

Last Name | First Name | Gender | Age on 8/28

Street Address | City

State | Zip Code | Phone (___-___-____) | Date of Birth (__/__/____) | €Youth or €Adult T-Shirt Size (circle): S M L XL 2XL

E-mail _____ Team/School/Company Name _____

Release: Running a road race requires mental and physical preparation. I agree that I should not run unless I am properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the race. I assume all hazards associated with running this event, including falls, contact with other runners, the effects of the weather, including high heat and humidity, traffic and the conditions of the road, all such risks known and appreciated. Having read this waiver and understanding these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release It's About Childhood & Family Inc., City of Syracuse, and other sponsors, organizers, and successors from all claims or liabilities of any kind arising out of my participation in the event.

Signature:_____ **Date:**_____

Signature:_____ **Date:**_____

(Parent's or Guardian's signature if 17 years of age or younger)

INNER HARBOR 5K PLEDGE FORM (Optional)

*PLEASE RETURN COMPLETED FORM WITH CHECKS MADE OUT TO IACAF, INC. PO BOX 281 JAMESVILLE NY 13078
*OR BRING THE FORM AND MONEY TO THE REGISTRATION TABLE ON THE DAY OF THE RACE

NAME	PLEDGE $ AMOUNT

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TOTAL AMOUNT RAISED	$

All of the proceeds from this event will be used to fund mental health/wellness services for children and families throughout Central NY. Many of our programs are available at 'no fee' and families can 'pay' for services by volunteering back into their communities.

ALL PARTICIPANTS WHO COLLECT DONATIONS FOR IACAF WILL BE ENTERED TO WIN A VARIETY OF PRIZES. THE MORE YOU RAISE THE MORE CHANCES TO WIN. PARTICIPANTS WILL RECEIVE ONE ENTRY FOR EVERY $5 RAISED.

Name_____ Phone_____

Address_____

City_____ State_____ Zip_____

Email_____