Times

Sunday — February 5, 2012

8:00 - 9:30 a.m.	Registration
9:30 a.m.	Post entry closes
9:45 a.m.	5K Run

Entries

Visit www.onondagacountyparks.com for an application. Make check or money order payable to :
Friends of Beaver Lake, Inc.

Send to:
Mid-Winter Blues Run
c/o Friends of Beaver Lake, Inc.
8477 East Mud Lake Road
Baldwinsville, NY 13027

Entry Fees

5K- $17.00 **pre-registration** (must be received by Friday 2/3/12)
$20.00 **race-day registration**

The first 100 entrants will receive t-shirts.

All proceeds will benefit Beaver Lake Nature Center.
A portion of your fee is tax deductible.

Run Course

Run course consists of country roads near Beaver Lake.
It's a 5K run that begins and ends at the Visitor Center, following a route leading you past forests, farm fields, horse paddocks, the historic Hortontown cemetery, into Hortontown itself and back again. Course includes some moderate hills.

ONONDAGA COUNTY Parks

Entry Form (please print)

Name (last) (first)

Address

City/State/Zip

Phone

Email

Sex: Male ____ Female ____ **Age** (race day): _____

Date of Birth: _____

Tshirt: (circle) **S** **M** **L** **XL** (no guarantee on sizes)

Consent and Release (must be signed and dated)

I know that running a road run is a potentially hazardous activity and that I should not participate unless I am medically able and properly trained. I assume any and all risks associated with running in this event, including, but not limited to, falls, contact with other participants, the effects of weather, and road conditions, all such risks being known to me and appreciated by me. In consideration of acceptance of my entry, I hereby, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and I unconditionally waive and release and discharge Onondaga County, event officials, volunteers, and all sponsors, including their agents, employees, assigns, or anyone acting for or on their behalf, from any claim or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event, whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind whatsoever, foreseen or unforeseen, known or unknown. I also agree that photographs taken of me are the property of the Friends of Beaver Lake, Inc. I am of legal age and understand the consent and release. If I am a minor, my parents or legal guardian's signature is required.

Participant's Signature **Date**

Guardian's Signature (if under 18 years old) **Date**

beaver lake nature center's

7th annual

mid-winter blues run

5k run

Sunday february 5, 2012

9:45 a.m.