

FLEET FEET *Sports*



Coca-Cola

RTTTT
Friends of Beaver Lake Nature Center

**ONONDAGA
COUNTY**
Parks

**Beaver Lake
Nature Center's
5th Annual**

**Mid-Winter
Blues Run**

A large, intricate, light gray snowflake graphic is centered behind the text "Mid-Winter Blues Run".

**5K Run
Sunday
February 7, 2010
9:45 AM**

**SHAKE THOSE MID-WINTER BLUES WITH A
RUN OVER COUNTRY ROADS NEAR
BEAVER LAKE!**

Times

Sunday — February 7, 2010

8:00 – 9:30am Registration
9:30am Post entry closes
9:45am 5K Run

Entries

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 2/5/10)
\$20.00 Race-day registration

The first 100 entrants will receive long sleeved 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.
- 5K Run- 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.



Entry Form (please print)

Name (last) _____ (first) _____

Address _____

City/State/Zip _____

Phone _____

Email _____

Sex: Male ___ Female ___ Age (race day): _____

Date of Birth: _____

T-Shirt: (circle) S M L XL (no guarantee on sizes)

Consent and Release (must be signed and dated)

I know that running a trail 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 trail 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) _____

Date _____