



Parks Run 2010
Sunday, September 26
2:00 pm

James J. Dwyer Jr. Memorial Fund

Location: Hiawatha Lake at Onondaga Park, Strathmore Neighborhood - Syracuse, N.Y.

Course: Start in Onondaga Park, to Woodland Reservoir, & return. 4 miles over varying terrain; 80% road and 20% off-road. Challenging hills in first two miles (but not too tough). Terraced approach to the high elevation mark at 2 miles, with spectacular views!

Events: 4 Mile Run/Walk at 2:00 pm
Youth/kids fun run immediately following (race day sign-up).

Runners and Walkers of all ages invited to join this event. This is a challenging, short distance run through Syracuse's historic Strathmore neighborhood, including Onondaga Park and the Woodland Reservoir green space. The Parks Run is the 5th race in Syration 2010 race series. Free t-shirt for every pre-registered runner and while supplies last for race-day registrations.

Time: Race Day Registration: Noon -1:30pm, Race Day Start: 2:00pm

Fees: \$20 by Sept. 18, 2010, \$25 race day, \$12 Student

Parking: All streets surrounding Onondaga Park at Roberts Ave & Crossett St

Beneficiaries: Greater Strathmore Neighborhood Association

Strathmore Parks Run:202 Wellesley Rd., Syracuse, NY 13207
Strathmore.neighborhood@yahoo.com



OFFICIAL ENTRY FORM Parks Run 2010 – 4 Mile Race

Make check or money order payable to: Strathmore Neighborhood Assoc.

Mail completed entry form postmarked no later than 9-18-2010 to:

Strathmore Parks Run, 202 Wellesley Rd, Syracuse, NY 13207

Last Name _____ First Name _____ M.I. _____

Street Address _____ e-mail _____

City _____ State _____ Zip _____ Male _____ Female _____

Phone (____) _____ Shirt Size: M _____ L _____ XL _____ Age _____ Fee: \$ _____

In consideration of my entry being accepted, I intend to be legally bound, and do hereby release, for myself, my heirs, executors and administrators waive and release rights and claims for damage which I may have or which may hereinafter accrue to me against the Greater Strathmore Neighborhood Association, City of Syracuse Parks and Recreation, James Dwyer Jr. Fund, its respective officers, agents, representatives, successors, assigns, and all other sponsors for any and all damages or injuries which may be sustained and suffered by me in consideration with my association with or entry of participation in this race. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatsoever. **I have read the above release and understand that I am entering this event at my own risk.**

(Date) _____

(Signature) _____ (Parent/ guardian signature if under 18)

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