



PHELPS SAUERKRAUT WEEKEND 20K / 5K APPLICATION FORM

In its 50th year, the Phelps Sauerkraut 20K is the
2nd OLDEST RACE IN NEW YORK STATE!

Both the 5K and the 20K Courses are USATF Certified.

Saturday, August 6, 2016

Phelps Community Center, 8 Banta Street

20K

Registration 6:00 a.m. • Race Starts 8:00 a.m.
Early Start 7:00 a.m. (for those who run a 12 minute mile or slower)
Race Fees: Pre-registration* \$40 • Registration \$45

5K

Registration 7:00 a.m. • Race Starts 9:00 a.m.
Race Fees: Pre-registration* \$30 • Registration \$35

**Pre-registration/payment due by August 1 at 4:00 p.m. • August 2-6 full price registration fee.*

**Participants will receive a timing chip, post-race food and a can of Silver Floss sauerkraut
REGISTER BY JULY 8 TO BE GUARANTEED A TECH SHIRT**

AWARDS: Finisher medals for all 20K participants •• Finisher ribbons for all 5K participants

20K - Ribbons for overall Male / Female and Top 3 in 5 year age groups

5K - Ribbons for overall Male / Female and Top 3 in 5 year age groups

NAME _____

ADDRESS _____

CITY _____ STATE/ZIP _____

PHONE _____ CELL _____

AGE _____ DATE OF BIRTH _____ CHOOSE ONE 20K 5K SHIRT SIZE (XS-XXL) _____

ONLINE REGISTRATION: www.runsignup.com **COURSE MAP:** www.phelpsnyc.com/sauerkrautweekend

PACKET PICKUP: Friday, August 5 from 11 a.m. to 7:00 p.m. at Fleet Feet Sports, 155 Culver Road #110, Rochester

MANDATORY WAIVER

I know that running a race is potentially hazardous activity. I should not enter and race unless I am medically able and properly trained. I agree to abide by the decision of the race officials relative to my ability to safely complete the event. I assume all risks associated with running/walking this event including, but not limited to, falls, contact with other runners, the effects of the weather, including high heat and humidity and the conditions of the course, all such risks being known and appreciated by me. I grant permission to the organizing groups to use and photograph, motion pictures or recordings of my taking part in this event for legitimate purpose. Having read this waiver acknowledging these facts and in consideration of you accepting my entry, I myself and everyone entitled to act on my behalf, waive and release YellowJacket Racing, Fleet Feet Sports, The Town of Phelps, The Villages of Phelps and Clifton Springs, Ontario County and any and all race sponsors from any claims or liabilities of any kind arising out of my participation in this event. I understand that all entry fees are nonrefundable. I have read this waiver and certify my compliance and agreement with its content and my signature.

Signature _____ Date _____

Signature of Parent/Guardian (if under 18) _____ Date _____

Send application along with a check made payable to: **Phelps Business Development and Tourism Council, Inc.**
P.O. Box 31, Phelps, NY 14532

Information: Sarah Hamilton at (315) 548-8900, phelpsbdtc@gmail.com or www.phelpsnyc.com/sauerkraut-weekend

BIB #