

19th Annual



Men's 5K



Women's 5K



**MVP Health Care
3K Fun & Fitness Run**

Syracuse Festival of Races

Where ordinary people do extraordinary things!™

Sunday, October 2, 2011
Manley Field House
Syracuse, NY

Hosting the
2011 USA Masters
5 km Championships



Introducing the World's First



Family Teams



School Groups

Visit www.FestivalofRaces.com for race news, race history, and details on how to win AnyRunner Prize Money™.



**Fitness Forum/SOS
Joint Replacement Walk & Run**



**Tops Friendly Markets
Community Walk**



**Age Group
Awards**

Non-Profit
Organization
U.S. Postage
PAID
Syracuse, NY
Permit No. 876

Return Service Requested

Race Details

Registration - Register online at FestivalofRaces.com, or complete a paper entry form (same-sized photocopies are fine) and mail it with a check (U.S. funds payable to "Syracuse Festival of Races") to SFoR, 213 Scott Ave., Syracuse, NY 13224.

For the 5K races, entry fees are \$20 through August 31, \$25 from Sept. 1 to Oct. 1; and \$30 on race day. Entry will be limited to 800 in each 5K race.

For the 3K Fun & Fitness Run and the Community Walk, entry fees prior to raceday are \$5 for those 17 and younger and \$10 for those 18 and older. Raceday entry for the 3K and the Walk is \$15 regardless of age.

Courses - Our 5K races are run on the certified and validated (#NY97047AM) out-and-back course that has helped to produce 35 U.S. 5K records. Water will

 be available at two points on the course, and splits will be called at the mile and at each kilometer. *Thanks to great support from the Syracuse Police Department, the entire course will be closed to traffic. The 3K Fun & Fitness Run and the Community Walk cover the first and last 1.5 kilometers of the 5K course. Water is available at the turnaround point, and - for the safety of all of our participants - the course is closed to traffic.*

Late Registration and Packet Pickup - There will be a late registration and packet pickup opportunity from 10:00 a.m. to 2:00 p.m. on Saturday, October 1 at the Dick's Sporting Goods store in Shoppingtown Mall, DeWitt. Packets not picked up Saturday will be available at the race site beginning at 7:30 on race morning. Stop by Dick's on Saturday for lower entry fees and the best selection of shirt sizes.

Our "Race of Champions" Format - The SFoR offers complimentary 5K entry to any first-place overall male or female in a 2011 road race with 250 or more finishers. Please call Dave Oja (315-446-6285) or request your complimentary entry.

Fitness Forum/Syracuse Orthopedic Specialists Joint Replacement Run & Walk - This exciting new event for joint replacement recipients will run (and walk) concurrently with our race morning events. To be eligible for special awards in the categories for knee replacement and hip replacement, register for the 5K and be sure to check the appropriate box (hip or knee) on your entry form. Special Joint Replacement Run T-shirts to all who enter the JRR by Sept. 1st!

Getting Here - The Festival is staged outside Syracuse University's Manley Field House, at the intersection of Cornstock Ave. and E. Colvin St. in Syracuse. Parking is free at Manley. No parking is permitted on the race courses. Those arriving later than 8:45 a.m. should avoid Lancaster Ave. and use either Cornstock or the Slocum Heights/Skytop detour off E. Colvin St. From the NYS Thruway's Exit 36, take I-81 South to Exit 17. Go right onto State St.; right onto E. Colvin St.; under I-81 and up the big hill to the start/finish area at Manley.

Proudly Hosting the 2011 USA Masters 5 km Championship Along with our hundreds of local and regional runners, the Festival's Men's 5K and Women's 5K will include athletes competing in the 2011 USA Masters 5 km Championship. The Championship is open to athletes 40 years of age or older as of race day. Athletes must be citizens of the United States who are eligible to represent the United States in all levels of International competition and must have current USATF membership. Athletes who participate in this LDR Championship may be subject to drug testing in accordance with the United States Anti-Doping Agency (USADA) Protocol for Olympic Movement Testing (USADA Protocol). USADA will be responsible for conducting comprehensive drug testing, as well as the adjudication of positive findings. Athletes with positive drug test results will have their cases adjudicated according to the USADA Protocol and will be penalized, if appropriate, according to applicable IAAF or World Anti-Doping Agency rules. Such penalties may include, but not be limited to, a period of ineligibility from competition, as well as disqualification from past competitions and cancellation of awards and prizes previously awarded. Any substance taken by an athlete is at his/her own risk and may result in a positive sample. **BEWARE:** some nutritional supplements, prescription, cold medicines and over-the-counter medications contain prohibited substances. Information regarding specific drugs and substances may be obtained by calling the USADA Drug Reference Line at 1-800-233-0393, or by visiting www.usantidoping.org or www.888athlete.org. All competitors in USATF Championships must be aware of Guidelines for Fair Competition, Rule 66 of the USATF Competition Rules. Athletes competing in the 2011 USA Masters 5 km Championship must enter online via the USATF web site (www.usatf.org).

Festival Week Schedule Of Events:

Wednesday, September 28

MVP Health Care 3K Fun & Fitness Run
School Group Number and Shirt Pickup
 (3K school group coordinators), 4:00-6:00 p.m.,
 213 Scott Avenue, Syracuse

Saturday, October 1

Late Registration and Packet Pickup
 Dick's Sporting Goods, Shoppingtown Mall,
 10:00 a.m. - 2:00 p.m.
USA Masters 5 km National
Championship Technical Meeting,
 7:00 p.m. Syracuse Room, Embassy Suites

Sunday, October 2

All at Manley Field House,
 E. Colvin St., Syracuse
Registration Tent Opens, 7:30 a.m.
Men's 5K, 8:50 a.m.
Women's 5K, 9:50 a.m.
3K Fun & Fitness Run, 10:45 a.m.
Community Walk, 10:50 a.m.
Joint Replacement Run & Walk
 will be concurrent with the four other events.
Awards Ceremony, 11:30 a.m.
USATF Championship Awards Brunch,
 12:00 noon, Onondaga Room
 Embassy Suites, Syracuse

Call (315) 446-6285 before race
weekend with any questions

Individual Entry Form

Last Name				Date of Birth (MM-DD-YY)					
First Name				Initial		Gender		Age on Raceday	
Mailing Address								Citizenship	
City						State		Zip Code	
Daytime Telephone				2011 USATF Number					
5K Club Team or Alumni Team, 3K School, College or Non-Profit Group								USATF Club #	
Expected Finishing Time				E-mail Address (example: sforentrant@myiep.com)					

5K Race (\$20 until 8/31; \$25 from 9/1 to 10/1; \$30 on 10/2): _____

3K Fun & Fitness Run (\$5 if under 18; \$10 for 18 and older; \$15 for all on 10/2): _____

Community Walk (\$5 if under 18; \$10 for 18 and older; \$15 for all on 10/2): _____

Check here if knee replacement recipient

Check here if hip replacement recipient

Preferred Shirt Size _____

Member of a 5K family team? Teammate/relationship: _____

H/W H/W 40+ M/D M/S F/S F/D B/S B/B S/S (must enter by 10/1/11 to score)

RELEASE: In consideration of the acceptance of my or my child's entry into any of the events of the 2011 Syracuse Festival of Races, I hereby make the following agreements: I know that running or walking in a road race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run or walk. I assume all physical and psychological risks associated with running or walking in this event, including, but not limited to: falls; contact with other participants, vehicles, or other objects; the effects of the weather, including high heat/humidity; traffic and the conditions of the road; and negligent acts of other participants, volunteers, or spectators, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my or my child's entry, I fully release and forever discharge the Syracuse Festival of Races, LLC; Syracuse Chargers Track Club, Inc.; the City of Syracuse; Syracuse University; and all other sponsoring organizations and institutions from any and all claims, demands, damages, causes of action, liabilities or expenses of any kind whatsoever, which occur either directly or indirectly, as a result of or in connection with my or my child's participation in the event, even if such consequences result from the negligence, fault, or carelessness of the organizers or sponsoring organizations. This release shall be binding on my heirs, administrators, successors and assigns, and shall inure to the benefit of the successors and assigns of the organizers and sponsoring entities. By this release I fully intend to discharge the said organizations from any and all injuries or losses suffered by me or my child while participating in or traveling to/from this event.

Signature: _____ Date: _____

Parent/guardian signature if under 18: _____ Date: _____

Mail this completed entry with check payable to Syracuse Festival of Races to:
 Syracuse Festival of Races • 213 Scott Avenue, Syracuse, NY 13224 • (315) 446-6285



EVERY SEASON STARTS AT



Dermody, Burke & Brown, CPAs, LLC

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Aqua Valley Springs

Auburn Party Rental

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City of Syracuse

Dorian's Gourmet Pizza & Deli

Eastern Mountain Sports

Freihofer's & Entenmann's

What Our 2010 Participants Said

"Other than Festival of Races, only the Boilermaker (locally) can really compare to such field depth . . . The Festival of Races gave me a feeling of running a down-home race combined with national class talent. Sort of like having gourmet food prepared and served in your own kitchen!"

--Fred Miller, Liverpool, NY

"... your race is the best I've ever attended (and I've been running road races since 1979).

--Jeffrey Brison, Kingston, Ontario

"Carlsbad has always been a favorite of mine to run, but I must admit that you have a race that certainly rivals this classic. Look forward to running again next year!"

--Dale Campbell, Huntington Beach, CA

"THANK YOU so much for a wonderful experience. I want you to know the event has inspired me . . ."

--Sam Kincaid, Marion, IN

"Wow what an impressive day you put on!!!! Our whole school truly appreciated the day and sucked it all in. The families were so happy they came and joined in all of the on-goings . . ."

--Lisa Arbon, Syracuse, NY
Holy Cross School

"Congratulations on another excellent race . . . I forgot what a thrill it is to run with that field and I'll definitely be back next year."

--Jason Pare, Oriskany, NY

"Your race and its organization go to the top of the list of well-run races."

--Mary Harada, W. Newbury, MA

"I just wanted to let you know that I thought the race was amazing, so well organized and informative. You did a great job and my husband was so impressed that he wants to run in it next year because he said it was so inspiring (and he's never wanted to run in any race I've ever done)!"

--Connie Miranda, Baldwinsville, NY



New York Chiropractic College
Onondaga County Auxilliary Police
Rural Medical Medical Transport
Sabre Enterprises, Inc.
Salsarita's Fresh Cantina
Starbucks on Marshall Street
Syracuse Department of Parks
Syracuse University
Syracuse University Ambulance