

GREAT HERON 5K ROAD RACE

TO HELP FIGHT THE BATTLE AGAINST BREAST CANCER

SATURDAY, APRIL 29, 2006

9 a.m. START

(Check in 7:30-8:30 a.m.)

SPONSORED BY THE WILLIAM SMITH ATHLETICS DEPARTMENT

www.hws.edu/herons/ghrr

USATF/RRCA CERTIFIED COURSE #NY0105IAM

WHERE: Boswell Field, Hobart and William Smith Campus (Hamilton St./Rts. 5&20, Geneva, N.Y.)

PARKING: Bristol Fieldhouse and St. Clair St. lots

ENTRY FEE: \$15 Pre-registration, Late \$20 (postmark deadline, Mon., April 24, 2006)

Hobart & William Smith Students Free Compliments of HSG and WSC

CATEGORIES: 17 & under, 17-29 HWS Students, 18-22 Non-HWS Students, 23-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 & over

AWARDS: Overall winners and age group winners (male & female); T-shirts to the first 300 registered runners.

QUESTIONS: Call Sally Scatton (315) 781-3940, or e-mail: scatton@hws.edu

LAST NAME _____ FIRST NAME _____

STREET _____ CITY _____

STATE _____ ZIP _____ PHONE(_____) _____

AGE _____ BIRTH DATE _____ MALE _____ FEMALE _____

BEST 5K TIME _____ SHIRT SIZE S M L XL

Waiver:

I understand that a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with this event including but not limited to contact with other participants, foul weather, traffic and road conditions; all such risks being accepted by me. I, for myself and anyone entitled to act on my behalf, waive and release William Smith College, Hobart College, the City of Geneva, County of Ontario and any and all race sponsors and race officials from all claims and liabilities of any kind arising out of my participation in this event.

SIGNATURE _____ DATE _____

UNDER 18 - PARENT/GUARDIAN _____

Mail completed form with entry fee (make checks payable to William Smith Athletic Department) to:

Great Heron Road Race
William Smith College Athletics
Winn-Seeley Gymnasium
Geneva, N.Y., 14456