

# Great Heron 5K Road Race & 1-Mile Fun Walk

Help fund the Embrace Your Sisters organization  
and the Finger Lakes Breast Cancer Support Group

Saturday, April 12, 2008

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

Sponsored by the William Smith Athletics Department  
[www.hws.edu/herons/ghrr](http://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 7, 2008)

**5K 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 5K winners and 5K age group winners (male & female); T-shirts to the first 300 registered runners and the first 50 registered walkers.

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

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LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

STREET \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE(\_\_\_\_\_) \_\_\_\_\_

AGE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

EVENT (select one) 5K \_\_\_\_\_ WALK \_\_\_\_\_ 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, NY 14456