



FILLMORE 5K

5K Road Race and 1 Mile Fun Run

Saturday, July 20th, 2019 at 9 AM



ABOUT

Enjoy the small-town atmosphere in this fast, flat 5K in downtown Moravia, near scenic Fillmore Glen State Park, where you can go for a hike (and perhaps a dip!) after the race. The course meanders through village streets and the surrounding rural area, but while it may be a small race, the competition can be stiff—check out our course records! **All profits from the race benefit the Four Town First Aid Squad, Inc.**

For kids, we also have a free 1 mile Fun Run that takes place on the track immediately after the finish of the 5K.

WHERE

The race starts and finishes at the Moravia Central School District track (behind the school). There is ample free parking in the field near the finish line, shortly before you get to the track.

WHEN

The race starts at 9 AM.
Day-of-race registration and race number pick-up are at the track from 7:45 AM–8:30 AM.

REGISTRATION

Online pre-registration is strongly encouraged and is open until 5 PM on July 19th. Register at fingerlakesrunners.org/races/fillmore-5k/ or return the form on back by July 15th. **Day-of-race registration closes at 8:30 AM.**

FEES

\$20 for pre-registration, \$25 for day-of-race registration. FLRC members may deduct \$5 only when pre-registering. **No discounts for day-of-race registration!** Runners 18 and under may pre-register for free or register on the day of race for \$10. The 1 mile Fun Run is free, but parents must sign a waiver.

COURSE

Course map available at fingerlakesrunners.org/races/fillmore-5k/

- Start on Park Street and continue straight onto Williams Street.
- Turn left onto Cayuga Street and take it through town and across Owasco Inlet.
- Turn left onto Warner Street.
- Turn left onto Aurora Street, which becomes Church Street when it crosses Route 38.
- Turn right onto Park Street and sprint up the only small hill on the course into the finish.

RECORDS

Men: Nate Lockett 15:17 (2009)
Women: Katie Aldridge 17:28 (2009)

NOTES

- Restrooms and changing facilities are available, but no showers.
- A water station will be available at about the halfway point.
- Post-race snacks and drinks will be provided.
- Results will be posted after the race on the FLRC Web site.
- For remaining questions, contact race director Lorrie Tily (ljtily@gmail.com).



AWARDS

The award ceremony takes place shortly after the race, with awards in the following categories:

- First overall open male and female
- First overall masters (40+) male and female
- First in each of these age groups, male and female:
1-10, 11-15, 16-18, 19-29, 30-39, 40-49, 50-59, 60-69, and 70+

POLICIES

- No dogs, headphones, or jogging strollers. These make the race dangerous for everyone.
- The race directors reserve the right to reject any entry for any reason.
- Entry fees are non-refundable, even if the race is canceled because of an act of nature or for any other reason.
- This race is organized by the Finger Lakes Runners Club and insured by the Road Runners Club of America.

Cut entry form here!

ENTRY

Please print neatly and remember to include your check!

Name (First Last):

City: _____ State: _____

Sex (circle one): M F Age on race day: _____ Distance: 5K Fun Run

Email Address: _____ Phone: _____

Emergency Contact: _____ Phone: _____

WAIVER

I know that running a road race is a potentially hazardous activity. I should not enter and run the Fillmore 5K unless I am medically able and have trained properly. I agree to abide by any decision of a race official as to my ability to safely complete the event. I assume all risks associated with running in this event, including, but not limited to, contact with runners, falls, the effects of the weather including humidity and temperature, road conditions including traffic and the actions of motorists and adjoining landowners whether unintentional or intentional, and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release all sponsoring and affiliated parties including the FLRC officers, race directors and volunteers, Moravia School District, Town of Moravia, Four Town First Aid Squad, Road Runners Club of America, USATF, USATF Niagara, and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I further grant permission to all of the foregoing to use any photographs, motion pictures, recordings or other record of this event for any legitimate purpose. I also understand that all entry fees are non-refundable.

Signature: _____ Date: _____

Signature of parent or guardian if participant is under 18 years of age: _____

Mailed entries must be postmarked by July 15th and sent with a check payable to **FLRC** to:
Fillmore 5K, c/o Lorrie Tily, P.O. Box 185, Locke, NY 13092