

Union Springs Health Expo 5K



Sunday June 24, 2012 at 8:00 am

All proceeds benefit Frontenac Park in Union Springs, NY

Event: 5K race and 1mi fun run. **Our course is Certified to be accurate by USATF #NY10116KL (5km) and NY10123KL (1 Mi).**

Time: 1 mile fun run start 8:00 am; 5K start 8:15 am

Entry Fee: 5K Pre-registration \$15, must be received by Friday June 15, 2012; Race day registration \$20; 1 mile fun run \$10 and does **not** include a T-shirt. (T-shirts guaranteed to pre-registered participants only)

***Make checks payable to "Union Springs Health Expo 5K"**

Check-in: Race day registration and race packet pickup from 7:00am to 8:00am

Courses: The 5K is a USATF certified lollipop loop with rolling hills. The 1 mile fun run is an out and back and mostly flat.

Awards: Prizes for 1st, 2nd, and 3rd place will be awarded to overall winners and each age category (12 and under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and older) for both male and female participants.

Directions: **From Ithaca** – NY-13N to NY-34 N(5.6mi), Left on NY-34B (11.8mi), Left on NY-90 (15.1mi), Right on Spring St (0.4mi)
From Rochester – I 90 E to exit 41, Right on NY-414 (0.8mi), Left on NY-318 (4.1mi), Left on US-20 / NY-5 (2.1mi), Right on NY-90 (8.7mi), Left on Spring St (0.4mi)
From Syracuse – I 90 W to exit 40, Right on NY-34 S (9mi), Right on US-20 / NY-5 (3.1mi), Left on Half Acre Rd (0.7mi), Continue on Half Acre Rd / NY-326 (6.3mi), Left on NY-90 (1mi), Left on Spring St (0.4mi)
Arrive at 40 Spring St Union Springs, NY

For more information: E-Mail: wear510@hotmail.com or phone (607) 351-3905.

Afterwards, join us for refreshments and awards inside the tent.

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NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

EMAIL: _____

Male(M) / Female(F) _____ 5K _____ 1 mile _____ T-shirt S M L XL Age on Race Day: _____

Waiver – In consideration of this entry being accepted, I intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive, release, and forever discharge any or all rights and claims for damages which hereafter accrue to me against Union Springs Health Expo 5K & 1 Mile Fun Run and New York Conference of SDA, their members, officers, directors or agents, representatives, successors and assigns, for any damage which may be incurred by me in connection with my association with, of entry in or returning from said run, to be held at Union Springs Academy for the Union Springs Health Expo 5K & 1 Mile Fun Run.

Participant's Signature: _____ Date: _____

Parent's Signature (if under 18 yrs.) _____ Date: _____

Mail Application to: **Union Springs Health Expo 5K**
C/O Becky Runnals
PO Box 524
Union Springs, NY 13160

