

2019 Run for the ACORNS

5K Trail Run/Walk and 10K Trail Run
Sunday, October 6, 2019
at the Genesee County Park & Forest
Raymond Rd, East Bethany, NY 14054



Walk or run on single and double track trails through the forest, along a creek and up and down rolling hills in the Genesee County Park & Forest, with an estimated 100 feet of climb in the 10K loop. Trails are very wide and easy to negotiate (minimal rocks and roots). The course starts on asphalt and then leads into the woods for a truly beautiful run through the countryside. All proceeds benefit ACORNS, a non-profit 501(c)(3) "friends of the park" group that supports Genesee County Parks by connecting people with opportunities for outdoor learning, exploration and fun. **Kids Fun Run!** Free to youth 10 & under. Register on race day. Age-appropriate categories and distances. Everyone is a "winner"! Free to youth 10 & under. Must register on race day. **NEW THIS YEAR: 10K 2-PERSON RELAY TEAM EVENT!** You and a friend, relative or colleague can join up to compete in a 2-person relay team over the 10K course. Each person will run approximately 5K. Best team time wins!

Starting Times: **Check-in** 8:00AM **10K Run & 10K Relay** 9:00AM **5K Run/Walk** 9:15AM **Kids Fun Run** ~10:15AM

Shirts: **Must register by September 22, 2019 to receive a long-sleeved tech shirt.** *No guarantee of a shirt if you register after this date.*

Awards: Medals to the overall top two male and female finishers in the 5K and 10K run, to the winning team in the 10K Team Relay event, and to our top male and female finishers in each age group (14 & under for the 5K run, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 & over) – you must be present to receive your medal.

Fees: \$30 in advance (must be received by 5PM September 29, 2019); \$35 late and race day registration

Online registration available at: <https://register-this.com/?raceid=20191006ACRN>

Questions or additional information: Check out our website: <https://www.geneseeacorns.org/run> or call 585-344-1122

Make checks payable to: Score-This!!! **Mail to:** Score-This!!!, 15 Ranch Trail Ct., Orchard Park, NY 14127

NO BABY STROLLERS OR PETS ALLOWED IN RACE. NO RUNNER UNDER AGE 15 ALLOWED IN 10K RACE.

WAIVER: I know that running a trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I (and any minor I am signing as guardian for) am medically able to perform this event, and in good health, and properly trained. I agree to abide by all applicable rules of this race and by the decision of the race officials as to my ability to safely complete the event. I assume all risks associated with running/walking this event including, but not limited to, falls, contact with other runners, the effects of the weather, including high heat and/or humidity and the conditions of the course, all such risks being known and appreciated by me. I grant permission to the organizing groups to use any photograph, motion pictures, or recordings of my taking part in this event. Having read this waiver acknowledging these facts and in consideration of you accepting my entry, I, for myself, and everyone entitled to act on my behalf, waive and release USA Track & Field, Score This!!!, ACORNS, Genesee County, and their employees, officers, directors and volunteers, and any and all race sponsors from any claims or liabilities of any kind arising out of my participation in this event. I understand that all entry fees are nonrefundable. I have read this waiver and certify my compliance and agreement with its content with my signature.

Name: _____ EMAIL address: _____ Tel #: _____

Address: _____ City: _____ State _____ Zip _____

Emergency contact: Name: _____ Tel #: _____

Signature: _____ Date: _____

Parent / Guardian Signature (if under 18 years old): _____

10K 2-Person Relay Team Name: _____

T-shirt size: ___ XS ___ S ___ M ___ L ___ XL ___ XXL (shirts run large) Sex: ___ Female ___ Male