Registration Notes

Cost is only $55.00 per runner. Any participant, who is an immediate family member of another participant who has paid the $55.00 entry fee, can participate in the series for only $15.00. To be eligible for awards, participants must register for the entire series.

Those registering after December 20 will pay $60 for the series and $20 for each immediate family member participating in the series.

Registration for individual races within the series is $20 per race. Runners will receive their finishing time and will be eligible for raffle prizes.

Late registrants can register for the series from 9:00-9:45 am on January 7.

Questions regarding the series should be directed to David Reinhardt at (716) 489-3489 or david@chautauqua-striders.org.

remind

TEXT @winter5K to 81010
to receive text message Winter5K updates

or join @ https://remind.com/join/winter5k

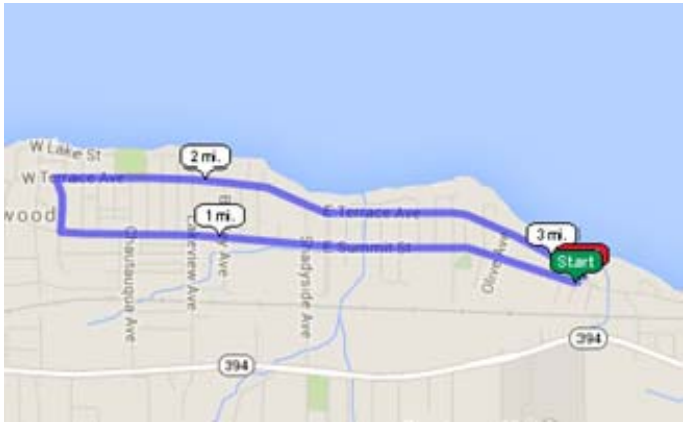
Athletic Club Benefits.....

- **Emailed race applications, monthly newsletter, & results.**
- **25% discount on running shoes & apparel at Jamestown Cycle Shop.**
- **Opportunities to participate on a competitive club team.**
- **Provide financial support to a younger generation of runners.**
- **Social running groups and camaraderie.**

www.chautauquastriders.org

Winter 5K Series

Distance:	3.10 miles / 4.99 km	Route Markers: ◉miles ○km ○none
Location:	Start: East Terrace Lakewood, NY - Lakewood, NY, US	
Attributes:	loop, mostly flat, roads	
Description:	Amy's Run Course with new start/finish	



Michael B. Engdahl JD, MS, CFP ®
"fee only" financial planner

Jamestown cycle shop · Team JOCK SHOP · Wing City

Lakewood Rod & Gun Club

What is Age Grading?

Basically, Age-Graded Scoring allows all individuals within a race to be "scored" against each other. That is done by first comparing the individual's finish time at that particular race distance to an "ideal" or best time (not necessarily the "world record") achievable for that individual's age and gender.

Age-Graded Scoring utilizes statistical tables to compare the performances of individual athletes at different distances, between different events, or against other athletes of either gender and/or of any age.

Although few U.S. race directors currently employ Age-Graded Scoring, it is an interesting and very useful piece of information for many runners.

STRIDERS ATHLETIC CLUB

2017 Winter 5K Series

The mission of the Athletic Club is to encourage and promote life long fitness through running and walking.

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2017 Chautauqua Striders Athletic Club Winter 5K Series

The Chautauqua Striders Winter 5K Series is an "age-graded" race series. Age-grading levels the playing field for all runners, just as a "handicap" is intended to do in bowling and golf. It provides the runner with the percentage value of an "ideal" or best time for his or her age and gender.

For more information on age grading, please see "Winter 5K Series Answers to FAQs" at www.chautauquastriders.org.

There are five races scheduled in the 2017 Winter 5K Series. The dates are as follows:

Race #1 - Saturday, January 7
Race #2 - Saturday, January 14
Race #3 – Saturday, January 28
Race #4 – Saturday, February 4
Race #5 – Saturday, February 18

The start time for each race is 10:00 am.
Runners must check in prior to each race between 9:00 and 9:45 am at the Lakewood Rod & Gun Club.

The 5K course is similar to the one used for the Amy's Run. However, the start and finish will take place on the corner of East Terrace and East Summit. The start time for each race is 10:00 am Runners must check in prior to race between 9:00 and 9:45 am at the Lakewood Rod & Gun Club, 433 E. Terrace Ave., Lakewood, NY. **Please park in lot across street from main building.**

Runners placing in the top 50 of each race based on age-grade percentage will be awarded points as follows: 50 points for first place, 49 for second, 48 for third, etc. A runner will receive zero points for any race that he or she does not run.

The top point accumulator after the fifth race will receive a $100 gift card at the Jamestown Cycle Shop. The runner with the second most points will receive a $75 gift card, and the runner with the third most points will receive a $50 gift card. Runners with the fourth most points through the tenth most points will each receive a $25 gift card. Additional gift cards ***may be*** awarded pending race participation.

Please see "Winter 5K Series Answers to FAQs" at www.chautauquastriders.org for more details.

$10 Wing City Grille gift cards will be awarded to ten (10) runners at EACH race through a drawing. Runners must have participated in the race to be eligible for the race drawing. Race participants are encouraged to go for lunch at Wing City Grille at their own expense immediately following each race.

The series entry fee is $60 if received by December 20, 2016. **This results in an average cost of only $12 per race!**

All ***series participants*** will receive a 2017 family membership to the Chautauqua Striders Athletic Club (a $40 value), a pair of running gloves, and a discount card good for 25% off running and walking footwear and apparel at the Jamestown Cycle Shop during 2017.

Participants may also receive a moisture-wicking Chautauqua Striders Athletic Club winter hat by paying an additional $18.00.

Hats should be ready by the January 28 race.

Registration Form

Please print

Name:

Address:

Age: Date of Birth / /

Sex (M or F) Glove Size S/M L/XL

Email

Must be received by December 20, 2016 for discounted early fee

Winter 5K Series Entry Fee
$55($60 late) or $15 ($20 late) if immediate family member has registered for the series $_____

Single Race Entry on _____ (date)
$20.00 per runner (no swag/eligible for raffle) $_____

Athletic Club Moisture-Wicking Winter Hat
$18.00 if you want a hat; $0 do not want a hat
$_____

Donation to Chautauqua Striders, Inc.
$_____

Total amount of your check
$_____

Please make check payable to "**Chautauqua Striders**," and mail your check and completed registration form to:

Chautauqua Striders/Winter 5K Series
301 East Second Street/Suite 102
Jamestown, NY 14701

Participant Waiver

In consideration of my entry being accepted, I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive, release, and forever discharge any and all claims and rights I have which may hereafter occur against Chautauqua Striders, Inc., Village of Lakewood, Lakewood Rod & Gun Club, Wing City Grille, Jamestown Cycle Shop, Michael B. Engdahl JD, MS, CFP ®, and all other donors, contributors, volunteers, successors and assigns for any and all damages which may be sustained by me in connection with my association with, or entry in arising out of my traveling to, participating in and returning from said event. I have trained for this road race and am physically fit to participate. Also, I acknowledge that parts of the course may be extremely slippery due to icy conditions and assume all risks associated with slipping and falling during the race series. I further give permission for my image (captured or video) to be used by Chautauqua Striders, Inc. for promotional purposes for future events.

Participant Signature Parent Signature (if under 18 years old)