

## Registration Notes

Cost is only \$65.00 per runner if paid on or before December 28, 2018. Any participant, who is an immediate family member of another participant who has paid the \$65.00 entry fee, can participate in the series for only \$25.00. To be eligible for awards, participants must register for the entire series.

Those registering after December 28, 2018 will pay \$70 for the series and \$30 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.

**Immediate family and individual race participants can purchase Chautauqua Strider AC Tech Shirts for \$11.00. Must be ordered by December 28.**

Late series registrants can register for the series from 9:00-9:45 am on January 5.

Questions regarding the series should be directed to David Reinhardt at (716) 489-3489



**TEXT @2019W5K  
to 81010**  
to receive text message  
Winter 5K updates

or join @ <https://www.remind.com/classes/2019w5k>

## Athletic Club benefits.....

- Monthly email with upcoming running news, events and results
- Winter training sessions at Northwest Arena
- 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](http://www.chautauquastriders.org)

# 2019 Winter 5K Series



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



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.



# 2019 Winter 5K Series



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

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



Lakewood Rod & Gun Club

# 2019 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](http://www.chautauquastriders.org).



There are five races scheduled in the 2019 Winter 5K Series. The dates are as follows:

- Race #1 - Saturday, January 5**
  - Race #2 - Saturday, January 12**
  - Race #3 - Saturday, January 19**
  - Race #4 - Saturday, January 26**
  - Race #5 - Saturday, February 2**
- Award Breakfast to follow Race #5

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

Runners must check in prior to race between 9:00 & 9:45 am at the Lakewood Rod & Gun Club, 433 E. Terrace Ave., Lakewood, NY. **Please park in lot across street from main building.** The 5K course is similar to the one formerly used for 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 will earn points equal to their age graded score. **There will be five races and the total of the top four point races will be determine the final rankings.**

The top point accumulator after the final 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](http://www.chautauquastriders.org) for more details.

Gift cards will be awarded to runners at EACH race through a drawing. Runners must have participated in the race to be eligible for the race drawing.

The series entry fee is \$65 if received by December 28, 2018. Full payment (\$65) will receive a Chautauqua Striders AC Tech Shirt. **This average cost of only \$13 per race!**

All **series participants** will receive a 2019 family membership to the Chautauqua Striders Athletic Club (a \$40 value), a winter series tech shirt, and a discount card good for 25% off running and walking footwear and apparel at the Jamestown Cycle Shop during 2019.



[www.jamestowncycleshop.com](http://www.jamestowncycleshop.com)

## 2019 Winter 5K Registration Form

Please print

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Sex (M or F) \_\_\_\_\_ Phone/Text # \_\_\_\_\_

Email \_\_\_\_\_

**FAMILY ENTRY MUST COMPLETE ONE ENTRY PER RUNNER**

### Winter 5K Series Entry Fee

\$65.00 per runner (on or before 12/28) \$ \_\_\_\_\_

**Gender Specific Tech Shirt Size** SM MD L XL XXL

### Immediate Family Member Entry Fee

\$25.00 per runner (on or before 12/28) \$ \_\_\_\_\_

\$11.00 Add Tech Shirt \$ \_\_\_\_\_

**Gender Specific Tech Shirt Size** SM MD L XL XXL

### Winter 5K Series Entry Fee

\$70.00 per runner (after 12/28-no tech shirt) \$ \_\_\_\_\_

### Immediate Family Member Entry Fee

\$30.00 per runner (after 12/28-no tech shirt) \$ \_\_\_\_\_

### Single Race Entry on \_\_\_\_\_ (date)

\$20.00 per runner (no swag/eligible for raffle) \$ \_\_\_\_\_

### Winter 5K Breakfast Awards on February 2

\$10.00 per person \$ \_\_\_\_\_

**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, Jamestown Cycle Shop, Michael B. Engdahl, J.D., M.S., 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.

I understand Chautauqua Striders reserves right to cancel or change series schedule due to weather or other unplanned events.

Participant Signature or Parent Signature (if under 18 years old)