

Winter 5K Series



Mike Engdahl
ATTORNEY at LAW



Jamestown
cycle
shop



The Chautauqua Striders Winter 5K Series is a 5K handicap run race series. At each race, the slowest runners start first followed, at regular intervals, by faster runners with the fastest runners starting last. If the handicappers are right, everyone should finish each race at almost the same time.

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

- Race #1 - Saturday, December 31
- Race #2 - Saturday, January 14
- Race #3 - Saturday, January 28
- Race #4 - Saturday, February 11
- Race #5 - Saturday, February 25

Start times will be between 10:00 and 10:30 a.m. The fastest runner in each race will start at 10:30 a.m. Runners must check in prior to each race between 9:30 and 9:55 a.m. at the Busti-Lakewood Community Center, 9 W. Summit Ave., Lakewood, NY. The 5K course is the same one used for the Amy King Run.

The top five finishers in each race will receive a gift card at Wing City Grille. The first place finisher will receive a \$25 gift card, the second place finisher will receive \$15 gift card, the third place finisher will receive a \$10 gift card, and the fourth and fifth place finishers will each receive a \$5 gift card. Race participants are encouraged to go for lunch at Wing City Grille at their own expense immediately following the race.

Runners placing in the top 20 of each race will be awarded points as follows: 20 points for first place, 19 for second, 18 for third, 17 for fourth, 16 for fifth, 15 for sixth, 14 for seventh, 13 for eighth, 12 for ninth, 11 for tenth, 10 for eleventh, 9 for twelfth, 8 for thirteenth, 7 for fourteenth, 6 for fifteenth, 5 for sixteenth, 4 for seventeenth, 3 for eighteenth, 2 for nineteenth, and 1 for twentieth.

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. Additional gift cards may be awarded pending race participation.

The series entry fee is \$50. **This results in an average cost of only \$10 per race!** All participants will receive a 2012 family membership to the Chautauqua Striders Running & Walking Club and will receive a discount card good for 25% off running and walking footwear and apparel at the Jamestown Cycle Shop during 2012. Participants may also receive a moisture-wicking Chautauqua Striders winter hat by paying an additional \$12.50. Any participant, who is an immediate family member of another participant who has paid the \$50 entry fee, can participate in the series for only \$10.

Runners must register for the series by Friday, December 16th in order to allow enough time for initial handicaps to be calculated. The registration form asks each runner to list his or her most recent 5K times and the course on which each race was run for the purpose of establishing initial handicaps. Handicaps will be updated between each race.

Questions regarding the series should be directed to Mike Engdahl at (716) 485-6913 or mbengdahl@netsync.net

WINTER 5K SERIES REGISTRATION FORM



Name: _____

Address: _____

Age: _____ Phone: _____ E-Mail: _____

PLEASE LIST YOUR THREE MOST RECENT 5K TIMES BELOW (If you forgot your time, go to the "Results" tab at www.buffalorunners.com or "Race Results" tab at www.erie-runnersclub.org to see if your time is listed)

RACE NAME	DATE	TIME
_____	_____	_____
_____	_____	_____
_____	_____	_____

PLEASE COMPUTE TOTAL BELOW

Series Entry Fee (\$50 or \$10 if immediate family member has registered for the series)	\$ _____
Chautauqua Striders Moisture-Wicking Winter Hat (\$12.50 if you want a hat, or \$0 if you do not want a hat)	\$ _____
Total amount of your check	\$ _____

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

Chautauqua Striders, Inc.
Winter 5K Series
101 East Fourth Street
Jamestown, NY 14701

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., the Village of Lakewood, the Busti-Lakewood Recreation Center, Wing City Grille, The Jamestown Cycle Shop, Michael B. Engdahl, Esq., USATF, USATF Niagara and all other donors, contributors, 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)