



CHAUTAUQUA STRIDERS



Dan Feather Memorial 5 K Run, Fitness Walk, & Fun Run Sunday, September 5, 2010 Bergman Park, Jamestown, New York

This race is a benefit for Chautauqua Striders and the Daniel Feather Memorial Scholarship. The 5K Race, Fitness Walk and Fun Run are open to runners and walkers of all ages and athletic ability.

Date & Time: Sunday, September 5, 2010
 1 Mile Fun Run at 9:00 a.m. 5-K Race and Fitness Walk at 9:30 a.m.
 Late Registration/Check-in: 8:00 a.m. to 9:00 a.m.
 Food, refreshments and raffle (under the pavilion) will follow the 5 K race.

Parking/Start: Bergman Park, 487 Baker Street, Jamestown, New York

Distance: 5 Kilometers (3.1 miles) and One Mile Fun Run

Course: The 5 Kilometer course is certified by USATF (USATF Certified Course: NY06124KL)



Age/Categories Male and Female
 5K Race: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over.
 5-K Fitness Walk and 1 Mile Fun Run: Open to all ages

Awards: Given proportionally in each division (*no duplication of awards*)

- 5-K Race trophies to first three male and female finishers in each age group
- 5-K Race trophy to first male and female police officer
- 5-K Fitness Walk trophies to first three male and female finishers; must walk* entire 5K course
- 1 Mile Fun Run awards; trophy to first male and female finisher
- A Runners Raffle with donated prizes will be held under the pavilion after the race

*Walking differs from running in that it requires the competitor to maintain contact with the ground and straighten their front knee when the foot makes contact with the ground, keeping it straightened until the knee passes under the body.

Registration: Registration closes on Tuesday, August 31, 2010 (to ensure t-shirt please register by deadline!)
Online Registration is available at www.usatf-niagara.org closes Tuesday, August 31, 2010 (11:59 p.m.)
 Late registration from 8:00 a.m. to 9:00 a.m. on race day at Bergman Park. (\$25.00 per entry with no guarantee of t-shirt)

Entry Fee:	Registration Deadline (8/31/2010)	Late Registration on or after (9/1/2010)
5-K Runners:	\$20.00	\$25.00
5-K Fitness Walkers:	\$20.00	\$25.00
1 Mile Fun Runners:	\$10.00	\$20.00

(5-K runners can participate in the Fun Run for no additional fee)
*Custom T-Shirt to the guaranteed to all pre-registered runners or walkers registered**

Please make payment payable & mail to:
Chautauqua Striders DF5K
 101 East Fourth Street
 Jamestown, NY 14701

Additional Information: Please visit our website for additional information, www.chautauqua-striders.org

2010 Dan Feather Memorial 5 K Run & Fitness Walk

Application for Run, Fitness Walk, & 1 Mile Fun

Last Name, First Name, Middle Initial

Street Address

City, State & Zip

Phone Number

E-Mail Address

AGE

(Age as of race date)

Date of Birth / /

GENDER (Please Circle)

M F

EVENT (Please Circle)

Dash Walk
Fun Run

T-SHIRT SIZE
(Please Circle Adult Size)

S M L

XL XXL (Add \$3)

or register online at
www.usatf-niagara.org

Police Officer? Yes No Department _____

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 or which may hereafter occur against Chautauqua Striders, Inc., the Kendall Club P.B.A. Inc., the City of Jamestown, the Jamestown Parks and Recreation Department, U.S.A. Track and Field, 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 and arising out of my traveling to, participating in and returning from said event. I have trained for this road race and I am physically fit to participate. I further give permission for my image (captured or video) to be used by Chautauqua Striders, Inc. for promotional purposes of future events.

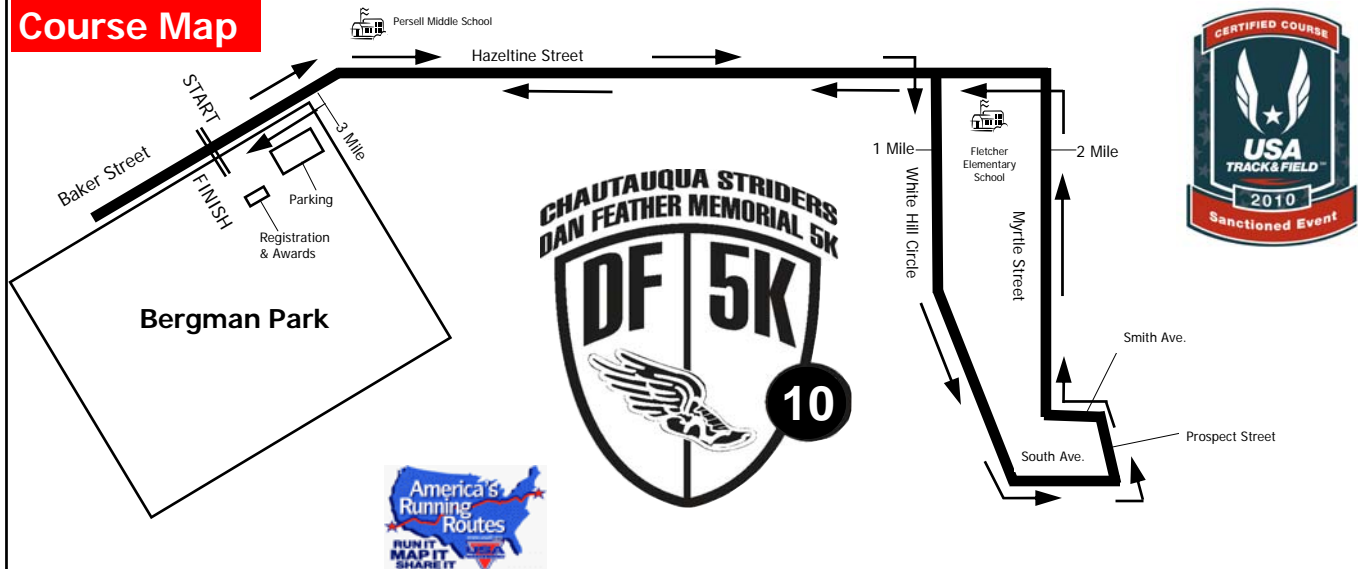
Participant Signature _____

Parent Signature (if under 18 years old) _____

Join the Chautauqua Striders
Running & Walking Club

The mission of the Chautauqua Striders Running & Walking Club is to encourage and promote life long fitness through running & walking. More information is available on our website at www.chautauqua-striders.org.

Course Map



www.chautauqua-striders.org



After the race join us at Bergman Park for the

Labor Day Festival

Food & Entertainment Fireworks at Dusk

