

31ST ANNUAL TOWPATH TRAIL RUN

Date: May 11th, 2019

Time: 5:30 P.M.

Fee: Early Registration, until April 14th: \$15:00
April 15th through May 10th: \$20:00
Day of race \$25:00
Family Plan: Sign 2 members up all others are ½ price

Registration starts at 4:30 P.M. at the village marina, located by the river just off Bridge Street.

Directions :From the east; Exit Thruway at Canajoharie, turn right ,go to light turn right, cross bridge and turn left at light. Aprox. 9miles on rte 5 to center of St. Johnsville turn left on Bridge St. left at Marina on bridge.
From the west ;exit Thruway at Little Falls, cross river to rte 5,turn right .Aprox. 10 miles to center of Town turn right on Bridge St .left at the Marina on bridge.

This is a trail run on the bike path FULLY PAVED. Very smooth and flat and fast!! The run will head west on the bike path It will make a loop back and rejoin the bike path by the Canal Locks .

T-shirts for the first 100 people

AWARDS

Trophies for overall male and female in each race
10K age groups 0-19,20-29,30-39,40-49,50-59,60-69,70+ 2Mile -0-14,15-19,20-29,30-39,40-49,50-59,60-69,70+
Trophies for top three places in each age group
Trophies for the first three finishers in each race

Trophies for top three parent child teams. (teams consist of two runners, one in 10K one in 2 mile (Child must be 19 or younger)
Trophies for each member of the top three teams In the 10K race (teams consist of three people)
Race Records: 10K Boo Christman 33:20 (1988) Michele Nizzi 40:21 (1995)
2 Mile: Travis Lambert 10:31 (1991) Melanie Swartz 12:19 (1993)

Questions? Call John Geesler (518) 568-7509 e-mail- johngeesler@frontier.com
Web site: kkickers.com

In consideration of your acceptance of this entry, I the undersigned, intending to be legally bound hereby for myself, my heirs executors, and administrators waive and release any and all rights and claims for damages I may have against the following organizations: The village of St. Johnsville, The Chamber of Commerce, The Town of Minden, N.Y. Parks and Recreation, their representatives, successors, and assigns; for any and all injuries suffered by me in said event on May 11th,2019 verify that I am physically fit and have sufficiently trained for competition of the race I have entered. I am fully aware of such dangers as are inherent in an event of this nature, and am willing to accept the same.

SIGNATURE _____ PARENT SIGNATURE _____

NAME (print) _____ DATE OF BIRTH _____ SEX _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

E-MAIL ADDRESS _____

LONG SLEEVE _____ (circle one) small medium large x-tra large
T-SHIRT

TEAM NAME _____ CNY CLUB _____

10K _____ 2MILE _____ AGE ON RACE DAY _____

Make checks payable to: St. Johnsville Chamber of Commerce
Mail entries to john Geesler 7803 Sthwy5 St. Johnsville N.Y. 13452