



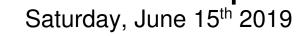






## Presents **he 40<sup>th</sup> Annual Swamp Rat Runs**







**Administered by the Syracuse Chargers Track Club** 

Location: Oneida Shores Park, Brewerton, New York; (Take Exit 31 off Rt. 81, then go left on Bartell Rd.)

For online registration and event details, please visit: <a href="http://www.swampratrun.com">http://www.swampratrun.com</a>

To encourage online registration, we have eliminated all online processing fees! Save paper and a stamp!

Times: Girls Fun Run Mile 8:30 AM
Boys Fun Run Mile 8:50 AM
5K Chris A. Taddeo Memorial Run (USATF Certified) 9:10 AM
10K Run (USATF Certified) 10:00 AM

\*\*Mail Pre-Registration Deadline is Monday, June 10th 2019\*\*

Entry Fees: 5K/10K Pre-Entry \$25.00 \* Price includes T-shirt

5K/10K Race Day Entry \$30.00 \* Price includes T-shirt if available

Mile Fun Run Pre-Entry \$12.00 \* Price includes T-shirt

Mile Fun Run Race Day Entry \$15.00 \* Price includes T-shirt if available

Awards: Ribbons for all finishers in the Boys & Girls Fun Run Miles

5K & 10K: 1st Male & Female overall, Top Three 14 & Under, 15-19, 5-year age groups to 80+

ChronoTrack Timing for all races provided by Leone Timing (www.leonetiming.com)

Packet pickup available on Friday, June 14th at Fleet Feet Sports Dewitt from 4:00 pm to 7:00 pm and on race morning starting at 7:15 am at the Oneida Shores Beach Pavilion

PSN/BIB	Entry Form  Make checks payable to Syracuse Chargers Track Club and mail che SCTC, PO Box 133, Bridgeport, NY 13030	eck and entry form to:
Last Name	First Name	Sex Age as of 6/15/19
Street Address	City	State Zip
E-mail		☐ T-Shirt Size ☐ YL S M L XL_

Release: I know that running a road race is a potentially hazardous activity. I agree I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, but not limited to, falls, contact with other participants, the effects of the weather – including high heat or humidity, traffic and conditions of the road, all such risks being known and appreciated to me. Having read the waiver and knowing these facts and in consideration of you accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club, Inc., the Road Runners Club of America, Onondaga County Parks Department, Hess Express, and other sponsors, organizers or successors from all claims or liabilities of any kind arising out of my participation in this event.

Failure to date and sign release will invalidate your entry. Parent or Guardian's signature necessary if under 18 years of age.

Clamatura	Data:
Signature:	Date: