



Presents
The 40th Annual Swamp Rat Runs
 Saturday, June 15th 2019

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: <http://www.swampratrun.com>

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

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|---------------|--|-----------------|
| 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****

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|--------------------|------------------------------------|----------------|--|
| 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

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| PSN/BIB | | | |

Entry Form

Make checks payable to Syracuse Chargers Track Club and mail check and entry form to:
 SCTC, PO Box 133, Bridgeport, NY 13030

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|-----------------------------|-----------------------------|------------------------------|---------------------------------------|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Last Name | First Name | Sex | Age as of 6/15/19 | | |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Street Address | City | State | Zip | | |
| E-mail <input type="text"/> | 5K <input type="checkbox"/> | 10K <input type="checkbox"/> | Mile Fun Run <input type="checkbox"/> | 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.

Signature: _____ Date: _____