



# Dan Fravil Memorial 5k and 1 Mile Fun Run

## July 9, 2011

**Course:** The course will begin at the 50 meter line of the Ithaca High School track, run a backwards (clockwise) lap, & exit through the gate on to Rosemary Lane. The course will follow the Ithaca Waterfront Trail into & around Stewart Park, looping back on itself & end with a counterclockwise lap on the track, finishing at the start/finish line.

**1 Mile Fun Run:** The fun run will be held after the 5k, with no registration needed. There will be one heat, and the leaders will be timed. There will be no prizes, and only the female and male winners will be timed.

**Facilities:** Runners should come prepared to run. There will be access to the indoor bathrooms (handicap accessible).

**Race Information:** Start time of 10:00 a.m. Lead and sweep bikers. All runners are asked to stay in the lanes provided to limit the impact on area traffic. NO headphones OR baby joggers. After the 5k, there will be a 1 mile fun run held on the track, open to all. Food provided and participants are welcome to stay and share stories about Coach Fravil.

**Registration:** Participants are encouraged to pre-register for the event, entries must be postmarked by July 2<sup>nd</sup> (not necessary for the 1 mile fun run). The first 50 registrants will receive a cotton t-shirt and shwag bag, and the next 50 will receive a shwag bag (no shirt). **Add \$2 to the fee amount for race day registration which will end at 9:30 a.m. sharp!**

**\*\*Please send forms and fee (check payable to Sarah McIlvennie) to:** Dan Fravil Memorial 5k, c/o Sarah McIlvennie, 9 Hunt Grove Road, Ithaca, NY 14850

**Awards:** Awards will be given to the top female and male in each of the 10 age groups.

~~~~~ **REGISTRATION FORM** ~~~~~

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age (on 7/9/2011) \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_  
 State \_\_\_\_\_ Zip code \_\_\_\_\_ Phone \_\_\_\_\_ Email: \_\_\_\_\_

**Cost:** \$10.00, \$8.00 for athletes coached by Coach Fravil \*Checks payable to Sarah McIlvennie.

**Shirt Size (circle):** Male / Female: Adult Small, Adult Medium, Adult Large

**Waiver:**

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and have properly trained. I agree to abide by any decision of a race official as to my ability to safely complete the run. I assume all risks associated with running in this event, including, but not limited to, contact with runners, falls, either conditions including humidity and temperature, traffic and the actions of motorists and adjoining landowners whether without intention or intentional, and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Ithaca City School District, City of Ithaca, Ithaca Police Department, Tompkins County Sheriff's Department, the USA Track & Field Association, the race directors, sponsors and volunteers and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I further grant permission to all of the foregoing to use any photographs, motion picture, recordings or other records of this event for any legitimate purpose. I also understand that all entry fees are non-refundable.

\_\_\_\_\_  
 (Participant Signature/Parent if under 18)

\_\_\_\_\_  
 (Date)

