

	<p>32th RT Turkey Run 5 Miler Saturday, November 28...9:00am Camp Eastman, Lakeshore Blvd, Irondequoit</p>	
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COURSE DESCRIPTION:

- A USATF-certified 5 mile road course run along the shore of Lake Ontario on the newly created and scenic Lakeside Trail that follows portions of Lake Shore Blvd and Sweet Fern Rd and includes a 13 foot wide timber boardwalk/bridge crossing over Tamarack Swamp.

LOCATION:

- Camp Eastman is located at 1558 Lakeshore Blvd in the Town of Irondequoit, 14617, adjacent to Durand Eastman Park

AMENITIES:

- *The Paul Gesell Memorial Plaque* to the overall Male and Female winner.
 2008 winners@ Mendon Ponds Park: *Ryan Pauling (25:35) and Leanne Donnelly (31:54).*
- Awards presented to the top 10% in each age-group.
- Knit running gloves to all entrants.

AGE GROUPS:

- 14 & under, 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+

REGISTRATION:

- Registration will begin at 7:45am on race morning in a cabin at Camp Eastman.

ENTRY FEES:

- \$10.00 Pre-registration fee is received by Monday, November 23.
- \$15.00 Race day registration.
 - Add \$5.00 if you would like a race t-shirt

<p><u>ENTRY FORM</u></p> <p>First Name _____ Last Name _____</p> <p>Address _____</p> <p>City/Town _____ State _____ Zip _____</p> <p>Gender _____ Age _____ T-Shirt Size: M L XL</p> <p>Waiver: Signature constitutes acknowledgement that athlete, heirs, executors and administrators waive, release & forever discharge all claims and damages against the Monroe County Parks Department, Genesee Valley Harriers, race officials, all sponsors, representatives, successors and/or signees which may occur at during or connected with this event.</p> <p>Sign here (parent if athlete under 18) _____</p>	<p><u>CHECK APPROPRIATE FEES</u></p> <p>_____ \$10.00 Pre Entry</p> <p>_____ \$15.00 Race Day Entry</p> <p>_____ \$5.00 Race T-Shirt</p> <p>_____ \$ Total enclosed</p> <p>Make checks payable to: GVH and mail to: PO Box 16375 Rochester, NY 14616</p>
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