



## 13th Annual Medved Ten Ugly Men 5k...Saturday, July 25...9:00am Genesee Valley Park, Rochester

*A flat & fast USATF certified course run primarily on park roads and paved canal trails that culminates with a 200 meter downhill finish. Afterwards, stick around and enjoy one of the Rochester area's biggest summertime party featuring live bands, food and games.*

- This year, proceeds from the Ten Ugly Men Festival will benefit the Bright Eyes Fund for pediatric brain tumor treatment at Golisano Children's Hospital Cancer Center and The St. Joseph's Neighborhood Center

### Pre-Registration

- \$15 on line at [www.Active.com](http://www.Active.com) or by mail by Tuesday July 21st; \$18 by July 24th at Medved Running and Walking Outfitters, 3400 Monroe Ave, Pittsford; \$20 race day.
- **Combo Ticket:** saves you \$5.00 and allows you to run the race and all day entrance into the Festival. \$40.00 (pre registered) and \$45.00 (race day).
- First 400 pre-registrants receive a Mizuno technical t-shirt

### Packet Pick Up

- Begins at 12:00pm at Medved Running & Walking Outfitters (3400 Monroe Ave.) on Friday July 24<sup>th</sup>.
- Race day registration and packet pick up will begin at 7:45 am at the Roundhouse Pavilion in Genesee Valley Park.

### Awards

- Cash Awards to the top 3 Male and female finishers (\$125-\$75-\$50);
-  Running shoes to the top Masters (40+) Male & Female.
- \$15 Medved Gift Certificate to all age-group winners.
- Socks to all age- group runner-ups.
- \$10.00 Gift Certificate to the Otter Lodge Grill & Bar for all third place age-group finishers.

### Age Groups

- 13 & under, 14-17, 18-23, 24-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

### “Good Looking” Kids 1k Race

- Kids 13 & under will run compete over a 1k (6/10 mile) route on the canal trail.
- All participants will receive a ribbon. Entry fee is just \$5.00 payable on race day.

### TEN UGLY MEN 5K ENTRY FORM

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ T-Shirt Size: S M L XL

Town \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone # ( ) \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Gender: M F

E-Mail Address \_\_\_\_\_

### CHECK APPROPRIATE FEES

- \_\_\_\_\_ \$15.00 Pre race entry  
(postmarked by 7/21)
- \_\_\_\_\_ \$40.00 Pre-race Combo Ticket  
(postmarked by 7/21)
- \_\_\_\_\_ \$18.00 Post entry  
(7/24 only at Medved 5-9 pm)
- \_\_\_\_\_ \$45.00 Race Combo ticket  
(Available 7/24 & 7/25)
- \_\_\_\_\_ \$20.00 Race day entry

**WAIVER:** I am properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running/walking this event including, but not limited to, falls, contact with other runners, the effects Of the weather, including high heat and /or humidity and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I my self, and everyone entitled to act on my behalf, waive and release the County of Monroe, the Genesee Valley Harriers Inc, its officers, agents and/or assigns., Medved Running & Walking Outfitters, the Ten Ugly Men, Inc and the Otter Lodge Grill & Bar from all claims or liabilities of any kind arising out of my participation in this event. I understand all entry fees are nonrefundable. I have read this waiver and certify my compliance with its' contents with my signature.

SIGNATURE (Parent or guardian if under age 18): \_\_\_\_\_

Make checks payable to: The Genesee Valley Harriers (GVH) and mail to PO Box 16375 Rochester, NY 14616