

11th Annual

Eastwood 5-Mile Race

Sunday, October 15, 2017

The Eastwood 5-Mile Race is a 5-mile road race through the Eastwood neighborhood of Syracuse. This is the final race of SYRATHON 2017! Come see fall colors in Eastwood's parks, test yourself on some challenging (but not too tough!) hills, and finish fast with a downhill sprint into Sunnycrest Park! This will be a chip-timed race.

A portion of the race proceeds will support ENA's Scholarship, the Health/Wellness Programs and other projects that benefit the Eastwood neighborhood.

Register: Early registration will start on **April 15th**. Registration rates are as follows: April 15-August 11(\$25); August 12-October 12(\$30); Race day(\$35). Entrants can register by mailing the attached entry form or go to www.eastwoodrun.com to register online. Final mail-in registrations must be postmarked no later than **October 11**. Online registration will be available through **October 12**. Race day registration will take place on Race day between **8:00 a.m. to 9:30 a.m.** on Sunday, **October 15** in the Henninger High School gym (600 Robinson Street). Race day registration will also be available during Packet Pick-up (See below).

Packet Pick-up: Runners may pick up packets at Fleet Feet Sports (5800 Bridge Street, East Syracuse) between 10:00 a.m. and 1:00 p.m. on **Saturday, October 14**. Race-day packet pick-up will begin at 8:00 a.m. in the Henninger High School gym.

More details inside....



Eastwood Neighborhood Association, Inc. is dedicated to promoting, developing and enhancing the Eastwood Neighborhood as a culturally, socially and economically vital community within the city of Syracuse, New York. The goal of ENA is to further our community as a desirable locale for residents, businesses and recreational activities.

www.eastwoodneighbor.com

11th Annual



EASTWOOD

5-Mile Race

October 15, 2017

www.eastwoodrun.com

10:00 a.m.

The final race of SYRATHON 2017!

*Syr*athon
FOOT RACE TOUR OF SYRACUSE PARKS



www.eastwoodneighbor.com

The Course (mile markers are approximate)



www.eastwoodrun.com



Like us on Facebook.



info@eastwoodneighbor.com



315-437-5087

PSN/BIB			

Eastwood 5-Mile Race
 Sunday, October 15, 2017
 10:00 a.m.



The course is certified to be accurate by USATF (#NY12086JG).

Please help ENA support our local food banks by bringing a non-perishable food item to the race. Thanks for your help!

Directions: Henninger High School is located at 600 Robinson Street, adjacent to the Sunnycrest Park ice rink. Take I-690 to Teall Avenue. North on Teall Avenue. Right on Robinson Street.

Parking and facilities: Free parking is available at Sunnycrest Rink, Henninger High School, and the Sunnycrest Golf Course Clubhouse. Restrooms are available in the high school.

Post Race: Refreshments and awards in the Henninger High School gym.

Shirts: T-shirts will be available for all participants who register by **October 5**. Register early (before October 5) to be *guaranteed* a T-shirt! Men's and Women's sizes Small -XXL will be available!

Awards: First place male and female runners along with the top runner in each age group will receive an award. No duplication. Age groups will be 18 and under, 19-29, and 10-year increments from age 30 to age 70 and older.

Other notes: No strollers, bicycles, inline skates, skateboards, pets, or headphones allowed. Walkers are welcome but please line up behind the runners at the start line. *Feel free to get into the Halloween spirit and race in costume!*

Last Name

First Name

Sex

Age on 10/15/17

Street Address

City

State

Zip

Phone

Email

RELEASE: In consideration of my entry being accepted, I, intending to be legally bound, do hereby waive, release and forever discharge any and all rights and/or claims for damage which hereafter occur to me against Eastwood Neighborhood Association, Inc.; City of Syracuse; Syracuse Parks, Recreation and Youth Programs; Syracuse City School District, Syracuse Police Department, and any and all sponsors and volunteers for any injuries suffered by me during this event. I further state that I am in proper physical condition to compete in this race. I give my permission for medical release should I be involved in any accident or health-damaging situation or should I require a form of medical treatment. I hereby grant full permission to use my name, results and any photographs, videotapes, recordings or any other record of this event for promotional purposes. I have read the above release and agree to the terms.

Signature

Date

Parent/guardian signature (if participant is under 18)

Date

- Youth registration (18 & under) \$20.00
 - Mail-in registration
 - Postmarked Before August 11 \$25.00
 - Postmarked After August 11 \$30.00
 - Race day registration \$35.00
- Man T-shirt size: ___S ___M ___L ___XL ___XXL
- Woman T-shirt size: ___S ___M ___L ___XL ___XXL

(guaranteed only for registrations received by October 5)

Please make checks payable to: Eastwood Neighborhood Association, Inc. Do not send cash. Mail registration form and check to: Eastwood Neighborhood Association, Inc. P.O. Box 66 Syracuse, NY 13206