

44th Phelps Sauerkraut 20K Road Race

Saturday, August 7, 2010

8AM Start

Where:

Phelps is located between Rochester and Syracuse NY on Route 96. From NYS Thruway (I-90) it is 9 miles east of Exit 43, or 4 miles west of Exit 42.



Registration:

Packet pickup at Fleet Feet Sports, 2210 Monroe Avenue, Rochester NY on Thursday and Friday, Aug 5-6, from 10AM until 7 PM

Fees:

\$23 pre-registration

\$26 race day registration

Race Day registration and packet pickup at Phelps Community Center, Main Street Phelps, from 6:45 AM to 7:45 AM

Awards: 5 year age groups to 80 years+.

Awards to top 3 in each age category

Chip pickup Race Day Morning at Phelps Community Center for all runners

Course is certified to be accurate by USATF #NY95025AM

Race Application

Applicant Information

Full Name: _____ Sex **M** **F**
Last First M.I.

Address: _____
Street Address Apartment/Unit #

_____ *City State ZIP Code*

Age _____ E-mail Address: _____

T-shirt Size: _____ (S, M, L, XL)

Waiver

I understand that participating in a road race is potentially hazardous. I will not enter and race unless I am medically able and properly trained. I agree to abide by any decision of any Phelps Sauerkraut 20K Road Race official regarding my ability to safely complete the run. I assume all risks associated with entering and running, including (but not limited to) contact with other participants, the effects of weather, traffic and the condition of the roads, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release any person associated with the Phelps Sauerkraut 20k Road Race in an official capacity, the Town of Phelps, the Villages of Phelps and Clifton Springs, Ontario County, the Phelps Sauerkraut Festival Committee, the Race Director, any and all sponsors and their respective officers, directors, agents and employees, their representatives and successors from all claims or liabilities arising out of my participation in this event.

Signature: _____ Date: _____

Parent or Guardian must sign if the application is less than 18 years old:



This event is sanctioned by the USATF



Phelps Sauerkraut 20K Road Race

Saturday, August 7, 2010 - 8 AM

Phelps, New York

44th Annual Phelps Sauerkraut 20K - New York State's 3rd oldest road race. The course is certified to be accurate by the USAT&F #(NY-95025AM). This event is Sanctioned by the USATF.

Where: The race is run on the first Saturday in August, in conjunction with the Phelps Sauerkraut Festival. The typical day is hot and humid. The course is a loop course, going through the neighboring town of Clifton Springs, over country roads back to Phelps. There are 2 hills worth mentioning; hill runners do very well on this course. The race ends in Redfield Park, in Phelps, where sauerkraut is served to all finishers.

When: Please note the start time for the race is 8 AM

How to Get to the Race: Phelps is located between Syracuse and Rochester, New York, just off I-90. From the east, take the NY State Thruway (I-90) to Exit 42 (Geneva); take Route 14 South one quarter mile, and take Route 96 North 4 miles to Phelps. From the west, take I-90 to Exit 43 (Manchester); turn right onto Route 21, and left at the light on Route 96, drive 9 miles to Phelps.

Registration: 7:00-7:45 AM at the Phelps Community Center (formerly the Phelps Elementary School), on Main Street in Phelps. All runners must pick up timing chip on day of the race.

Fees: \$23, if received by August 6. **\$26 the day of the race.**

Packet Pickup: Fleet Feet Racing, 2210 Monroe Avenue, Rochester NY on August 5th and 6th, from 10AM until 7 PM. Thereafter, packets can be picked up at the Phelps Community Center on Main Street in Phelps.

Awards and Refreshments: Hot dogs and sauerkraut in the park for all finishers. Awards to Open and Master winners, and top 3 in each age group: <20, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Questions & Information: If you have questions, email them to Sauerkraut20k@yahoo.com, or call and leave a message at (315) 548-3607.

Make Checks Payable to: Phelps Sauerkraut 20K Road Race. **Mail to:** Jim Phillips, 26 Church Street, Phelps, NY 14532