

# 22nd Annual Groton Labor Day 5K & 1 Mile Fun Run



*grotonlaborday5k.com*

**\*September 2, 2019\***



**Schedule:**

7:30-8:45	Race Day Registration
9:00	1 Mile Fun Run
9:30	5K Race

**Course:**

The course follows village streets (2.5 miles), an old railroad bed (.5 miles), and finishes on the high school track. Some flat terrain, with a few steady inclines and declines, and one short, steep hill just before the mile.

Web address @: <http://www.usatf.org/routes/view.asp?rID=12258>

**Course Records:**

<b>Male</b> 16:06 Stephen Getman	17:03 Adam Engst ('12)/ Casey Calstrom ('06)
<b>Female</b> 18:46 Murphee Hayes	20:19 Charlene Lyford

**Sponsoring Organization:**

This race is sponsored by, and is a fund raiser for the Groton Varsity Cross Country Program. All proceeds benefit the Girls' and Boys' Cross Country Teams. Every year's proceeds have helped fund trips to other competitions and to purchase team apparel.

**SITE:**

**Groton High School  
400 Peru Rd.  
Groton, NY 13073**

**Additional Applications:**

[Grotoncs.org](http://Grotoncs.org) Select "Athletics"

**Online Applications:**

[RunSignUp.com](http://RunSignUp.com) Search "Groton Labor Day 5K"



**Awards:**

- : Ribbons to every finisher in the 5K & Fun Run
- : Top 3 & Youngest in the Mile Fun Run
- : Plaque to top 3 male & Female in 5K
- : Plaque to top Masters male & female
- : \$25 Gift Certificate to top male & female in 5K
- : Medals to the top 3 in each age group (<15, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)
- : FREE T-shirts to first 100 entries

**Location:**

Groton Central School  
 400 Peru Rd.  
 Groton, NY 13073

**\*\*\*Please stay for awards\*\*\***

**Entry Fees:**

Prior to Aug. 23....\$14 for students, \$18 for adults  
 After Aug. 23 .....\$20 for students, \$25 for adults  
 1 mile fun run (**FREE**).

**Make Checks Payable to:**

Groton Sports Booster/  
 Cross Country

**Send Application to:**

Scott Weeks, Race Coordinator  
 Groton Central School  
 400 Peru Rd.  
 Groton, NY 13073

**QUESTIONS:** Contact Scott Weeks @ School Address or [sweeks@groton.cnyric.org](mailto:sweeks@groton.cnyric.org)

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Cut Here

**Check One**      **1 Mile Fun Run** \_\_\_\_\_      **5K Race** \_\_\_\_\_  
**Check One**      **T-Shirt**      **Sm.**\_\_\_\_\_      **Med.**\_\_\_\_\_      **Lg.**\_\_\_\_\_      **XL**\_\_\_\_\_

Name (Print Clearly): \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Age (Race Day) \_\_\_\_\_ Gender \_\_\_\_\_  
 Email Address: \_\_\_\_\_

**Waiver:** In consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, and administrators waive and release all rights and claims for damages which I may have against the Village of Groton, Property owners, Groton Central School and it's officials, the race, or the race organizers, agents, representatives, successors, and assignees for any and all damages which may be sustained by my competing in or travelling to or from the Groton Labor Day races. I hereby certify that I have sufficiently trained and am physically fit to compete in this event. I have hereby read the entry information provided and certify my compliance by my signature below. I also hereby give permission for the media to use my name and picture in any newspaper, broadcast, telecast, or any other account of this event with no obligation of anyone to compensate me further.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Signature of parent or guardian (if under 18)** \_\_\_\_\_