



Millers Mills Grange #581 presents the
MILLERS MILLS SUNDAE RUN

5 K Road Race & 2 Mile Fun Walk

July 20, 2008 10:30 AM

Millers Mills, New York

The Official Boilermaker "Cool Down Event"

USATF Certified 5K Race Course (Code NY-07023-JG)

Route: Run & walk courses begin & end at the Henry B. Huxtable Memorial Bridge in downtown Millers Mills, with an out and back course through the rolling hills of our picturesque hamlet.

Entry Fees: \$11.00 Sundae Run - Pre-registered, postmarked by 7-4-2008
\$ 9.00 Sundae Run - Early Bird Special - Seniors only (60+), pre-registered,
postmarked by 7-4-2008

(All pre-registered runners receive a nylon duffel bag.)

\$14.00 Postmarked after July 4, and on race day from 9:00 AM - 10:15 AM
All runners receive a free ice cream at the Ice Cream Social.

\$ 5.00 Sundae Walk - All walkers receive a free ice cream.

NO STROLLERS, BABY JOGGERS OR PETS

OFFICIAL TIMING ENDS AT 45 MINUTES

Make check payable to: Millers Mills Grange #581

Mail to: Christine Murphy

773 Millers Mills Rd.

West Winfield, NY 13491

Awards (Sundae Run Only): 1st place Male and Female Overall

1st - 3rd place Male and Female in each Age Division

Divisions: (13&under), (14-18), (19-29), (30-39), (40-49), (50-59), Seniors (60+)

Restrooms available, no changing facilities

THE MILLERS MILLS SUNDAE RUN IS HELD IN CONJUNCTION WITH THE MILLERS MILLS GRANGE ANNUAL ICE CREAM SOCIAL & ALL ASSOCIATED ACTIVITIES. IT'S A FAMILY EVENT - COME JOIN ALL THE FUN!

MILLERS MILLS SUNDAE RUN

Registration Form

RUN []

WALK []

BIB: _____

(for official use only)

Name _____ Sex: M or F

Address _____ Age (on 7/20/08) _____

City _____ State _____ Zip _____ Tel: () _____

This is an Important Legal Document - Read Carefully Before Signing

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Millers Mills Grange #581, USATF, the towns of Columbia and Richfield, members of the race committee, volunteers, and all sponsors, their representatives and/or successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Signature _____ Date _____

Parent/Guardian (if under 18) _____ Date _____