



Saturday, November 2, 2019

**Wegmans & Constellation Brands 5K
Marathon Financial Family Mile and
SMP "Boogie for Broccoli" Children's Fun Run**

sponsored by:



all proceeds will go to feed the
hungry people of Rochester



Schedule of Events

- 7:15 Registration opens downstairs in
Third Presbyterian Church
- 8:15 5K run/walk begins
- 9:15 1-Mile Run and Fitness Walk
- 9:30 "Boogie for Broccoli" Children's Fun Run
- Award Ceremony to follow

Registration/ Packet Pick Up

- Register at both Fleet Feet Sports locations (155 Culver Road at the Armory and 2522 Ridgeway Avenue) during normal store hours through October 30th at 7:00 p.m. Register at the Armory during packet pick up October 31st and November 1st. **Packet pick up is only available at the Armory location.**
- Race Day Registration and packet pick up will begin at 7:15 am at Third Presbyterian Church, 4 Meigs St. Rochester, NY 14607



ENTRY FORM ONE ENTRY PER PERSON

- \$20 1-mile run/walk - not chip timed (\$25 on race day)
- \$25 5K run/walk- chip timed (\$30 on race day)

Regular Cotton Shirts come with registration
(if registered by 10/16):

Shirt Size (circle one): **Youth:** Med. **Adult:** S M L XL XXL

New this year! Tech shirts in Mens and Ladies sizes for an additional \$10. May run small, so please order accordingly:

Shirt Size (circle one): **Youth:** Med. **Adult:** S M L XL XXL

Last Name _____

First Name _____ M.I. _____

Team Affiliation _____

Town/City _____

State _____ Zip Code _____

E-mail Address _____

Sex _____ Age on Race Day _____

Circle event 5K 1-Mile

Make checks payable to **Third Presbyterian Church**.
Please put "Grocery Run" in the memo. Mail form to:
**Yellow Jacket Racing Attn: Grocery Run, 155 Culver Road, #110,
Rochester, NY 14620**

Amount enclosed with entry form(s): \$ _____

Waiver

I know that running a road race is a potentially hazardous activity. I should not participate 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 this event. I assume all risks associated with running this event (or series) including, but not limited to, falls, contact with other participants, the effect of weather, traffic, and conditions of the road, all such risks being known and understood 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 East Avenue Grocery Run, Third Presbyterian Church, City of Rochester, County of Monroe, USATF Niagara Association, Sponsors and agencies and municipalities, their representatives, and successors from all claims or liability of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature of Runner or Parent/Guardian of Runner under 18 years of age