

The Eden 5K - A Run in the Country

There will be post-race awards and refreshments served at the Eden Corn Festival grounds on Route 62. In addition, bluegrass recording stars Creekbend will be playing on the adjacent Eden Elementary front lawn, as part of the Eden Lawn Chair Music Series.

Awards will be presented to:

- Overall Male and female winners
 - Top 3 Men and Women the following age groups:
0 - 14, 15 - 19, 20 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 64, and 65 +
 - Top M/F Eden Student
 - Top M/F Eden Alumni
 - Top M/F 4- person scholastic team
 - Top Male and Female 4-person open team
- (Any mixed 4-person team will compete in the male category)

Packet Pickup/ Late Registration: Race numbers, bags and late registration will be available at the Eden American Legion on Route 62 beginning at 4:30 PM on Tuesday, August 21st.

The Course:

This is deceptively challenging 5K near-loop course with some long gradual up and down hill portions. There will be mile splits read at the one and two mile marks. Water will also be available at the 1st and 2nd mile marks.

The Route:

Start in front of Eden Elementary on Schoolview Rd. Run East on Schoolview and make a left onto Jennings Road. Make a left onto Main Street and then make a left into Legion Drive, where you'll finish. You'll be on each road for approximately 1 mile.

Race Proceeds:

The proceeds for this event will go to support the Eden Track and Lacrosse programs in purchasing equipment necessary to helping their programs to continue and improve.

A 5-kilometer race at 6:30 p.m. on August 21, 2007

Presented by the Eden All-Sports Boosters in conjunction with the Eden track and lacrosse programs

Registration: \$15 Pre-Entry

\$18 Race Day Entry

\$45 Per Team of 4 (Only 1 entry per team)

Mail Entries: Eden 5K

2962 Kulp Rd.

Eden, NY 14057

Email Questions to: eden5k@hotmail.com

Directions:

North of Eden: Take 90 to Hamburg exit and take 75 South. Make a right onto route 62 and take 62 into Town of Eden. The Legion is about ¼ mile past the Subway.

South of Eden: Take the 90 to the Eden exit and make a left onto Eden-Evans Center Road, which will become Church Street. At your first light, make a left onto Main Street (Route 62). You'll go straight through the next light at Schoolview and the Legion is ¼ mile from the light.

Course Records:

Men: Dan Grande, 16:27 2006

Women: Brenda Spillman 19:41 2003

Team: TBD

Entry Form

Name _____

Address _____

City State Zip Code _____

Email address (optional) _____

Age on Race Day _____ Phone Number _____

Gender (circle): Male Female

Entry Category (Check only 1)

_____ Open Race _____ Eden Alumni

_____ Eden Student _____ Open Team

_____ Scholastic Team

Only 1 entry is needed per team. Please list all team members below

1) _____

2) _____

3) _____

4) _____

Release: I realize that road racing can be dangerous and do hereby release and discharge from liability the Eden All-Sports Boosters, The Town of Eden, the race organizers and sponsors for any and all injuries suffered during this race. I attest and verify that I am physically fit and have sufficient training for this event. I also grant full permission of any and all photographs and video of the race to be used in the future marketing of this event. I hereby certify that I have read and fully understand this release and agree to all of its aforesaid terms, understanding this release is a legally binding agreement.

Signature: _____ Date _____

Parent Signature: _____

(If under 18)