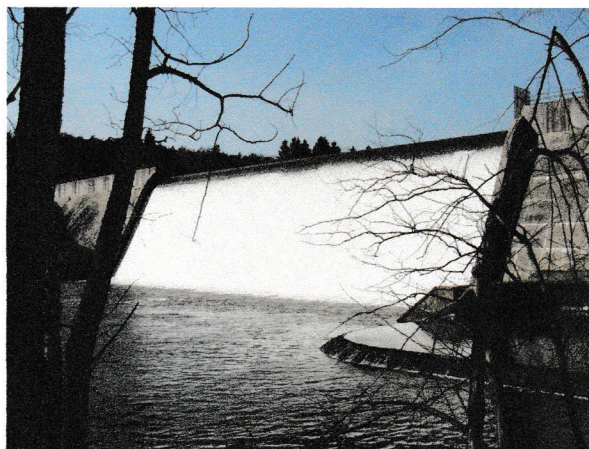


DELTA LAKE Half Marathon

SEPT 18 2016 9:00AM Sunday



"Best Half Marathon by a Dam site"



portion of proceeds from race to benefit
Believe 271 Foundation

deltalakehalfmarathon.com

Course

Starts and ends at the DELTA LAKE STATE PARK
It circles Lake Delta! The rolling hills, scenic course follows rural
country roads through the towns of Westernville and Lee with a
view of Delta Dam before returning to the park.
(Please for runner safety, baby joggers, head phones, roller
blades are not allowed)

Course can be viewed at mapmyrun.com

T-SHIRTS

Available to the first 150 registrants

FACILITIES

Bathroom and showers will be available at the park

REFRESHMENTS

Water stops will be every 2 miles on the course

Post run at the beach house in the park

AWARDS

Awards given in ten year age groups

Finisher medals will be given to runners

ENTRY FEE

\$40.00 preregistered \$45.00 race day
checks payable to Roman Runners

PACKET PICK UP ON RACE DAY AT THE PARK

REGISTRATION

BY MAIL Delta Lake Half Marathon

c/o Cindy Reynolds (download form at website or
1101 N. George St. www.romanrunners.com)
Rome, NY 13440

ON LINE at RunSignUp.com

RACE DAY at Delta Lake State Park 7:30-8:30 am

INFORMATION

Contact Ann Meisenhelder (315) 337-3658, e-mail ameisenh@twcnyny.com
or Dan Abbuhl (315) 336-3478, e-mail DannyVA@twcnyny.com

ENTRY FORM

Name _____ e-mail _____

Address _____ City _____ State _____ Zip _____

Phone _____ age as of 9/18/16 _____ Sex M F T-shirt size S M L XL

Waiver

All runners are required to assume all risks by signing the general release. In consideration of your acceptance of my application, I, for myself, my personal representatives, heirs, and next of kin hereby release and discharge the Delta Lake Half Marathon, its organizers, sponsors, directors and agents, New York State Parks, NYS DOT, or any municipality for all liability to me, my personal representatives, and theirs for all loss, damage, or any claim or demands on account of personal injury, death or property damage arising out of my participation in the Delta Lake Half Marathon. I am fully aware of the risks inherent in participating in said event and event area and voluntarily assume all risks of loss and injury which I may sustain. I am physically fit and properly conditioned for this event.

Signature (Participant or Parent/Guardian) _____ Date _____