

THE 23rd ANNUAL FORT TO FORT RUNS

for the benefit of the

American Red Cross - Rome Area Chapter

*** SATURDAY, APRIL 3, 2010 ***

Distances!

1/4 Mile Fun Run - FREE compliments of Roman Runners

Open 5K Run and Walk - Course on Griffiss Park Grounds

Open 10K - Fort to Fort - Griffiss Business Park to Fort Stanwix and Back

CHIP TIMING by LEONE TIMING

The *Roman Runners* invite you to participate in the *Fort-to-Fort Runs*. Races will start at the Geiger Road Fitness Center, Griffiss Business Park. The Fun Run and 5K Run and Walk will take place in the Park. The 10K will start in the Park, proceed through Rome to Fort Stanwix National Monument, through the Fort and return to Griffiss Park. Finish line will be near the Fitness Center.

REGISTRATION: 7:30 - 8:45 am Race Day at Geiger Road Fitness Center *Griffiss Business and Technology Park*

START TIMES: Fun Run - 8:45 am --- 5K Run and Walk - 9:00 am --- 10K Run - 9:00 am

AWARDS: T-Shirts to first 400 entrants
Awards for overall and 5 year age group winners
Refreshments

REGISTRATION FEES: Pre-registration on or before March 30, 2010 -- \$20.00

Morning of Race - 7:30 a.m. to 8:45 a.m. -- \$25.00

Student - \$15.00

Special
Thanks To....:

NBT BANK * RBC Wealth Management
Thrivent Financial
Roman Runners * Price Chopper
Adirondack Bank * Englebert's * Freihoffers



In consideration of acceptance of this application, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, administrators and assigns waive and release any and all rights and claims for damages I may have against Griffiss Business and Technology Park and the City of Rome, their representatives and successors for any and all injuries suffered by me at the races to be held in Rome, New York, on April 3, 2010. I verify that I am physically fit and have trained sufficiently for the competition of this race.

Printed Name: _____ Age (on 4/3/10): _____ Sex: _____

Address: _____

City: _____ State: _____ Zip: _____

Signature: _____ e-mail: _____

Parent Signature if under 18: _____

Event: *Circle one*

Shirt Size: *Circle one*

5K Walk 5K Open 10K Open Small Medium Large X-Large

➤ Make checks payable to *Roman Runners* and mail to Cindy Reynolds, 1101 N. George St., Rome, NY 13440
or **REGISTER ON LINE @ WWW.ACTIVE.COM**

To make an additional donation to American Red Cross Rome Area Chapter

Check Here ___\$10 ___\$20 ___ other amount