

Not Just a Walk in the Park **100 Mile/100km/** **100 Mile 2-5 Person Relay**



Not Just A Walk In The Park
Owego, New York
September 24-25, 2016

What: Races offered are 100K race walk, 100 mile centurion walk and a 100 mile relay. There is a 24 hour, 30 minute time limit. The event is sanctioned by USATF Sanction #15-04-530.

When: Saturday into Sunday, September 24-25, 2016. Start at 12:00 noon.

Where: Marvin Park, off Main Street located in scenic Owego, New York, USA 13827 The start will be by the northern pavilion.

Packets: Must be picked up on Friday September 23, 2016 between the hours of 10:00am and 4:00pm at the Tioga County Tourism office at 80 North Avenue, Owego, NY.

Aid: Race organizers will provide one feed station with a wide selection of foods standard at endurance events. Race organizers will also provide water and sport drink, as well as volunteers to hand food and drinks to the competitors. A separate area for personal aid will be set up. Race organizers will not be able to provide volunteers for personal aid.

Records: This race will have adequate judges to be records eligible for the 100km Race Walk. Records can be set at intermediate distances as well but the meet organizers **must** be notified by September 10, 2016.

Awards: Medals will be awarded to top 3 male and female age group finishers in the 100km Race Walk. Special awards will be given to all those making the centurion cutoff of 100 miles in 24 hours. Awards will be presented to the top 3 relay teams that complete 100 miles. Participation awards will be presented to all the competitors. An official awards banquet will be held at Pumpelly Estate, 44 Main Street, Owego, NY 13827. Dinner will be served buffet style and will stay open until 5:50. Doors will open at 5:50 for people who are only attending the awards ceremony. Dessert will be served buffet style starting at 6:00. You are welcome to attend the awards ceremony without having dinner or dessert, attendance to the awards ceremony is free. Dinner and dessert costs \$55 per person and dessert only is \$20 per person. Please see information sheet for more details.

For more information, please contact Dave Talcott at 607-223-4361 e-mail dwtalcott@juno.com or Erin Talcott at oboebassoon@yahoo.com. We are also on facebook. Visit www.facebook.com/notjustawalkinthepark

Entry: There will be a limit of 150 entries allowed in the event. Entry fee for the 100km/100 mile is \$100. Entry fee for the Relay is \$50 per relay participant (2-5) so if your team has 4 individuals that would be \$200 for the team. Entries may be made via paypal to dwtalcott@juno.com or may be sent via international money order (or check if from the US) and mailed to: Dave Talcott, 566 McLean Road, Owego, NY 13827-3150. Checks should be made out to Dave Talcott. Entries will close September 10, 2016. On-line entries will also be available.



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Entry Form

Name _____ Birthdate: _____ Age: _____
(First Last) (mm/dd/year) (race day)

Address: _____
(Street) (City) (State/Country) (Zip)

Club: _____ USATF#: _____ Phone: _____
if US Citizen

E-Mail: _____

US Centurion? _____ Number: _____ British Centurion? _____ Number: _____

European Centurion? _____ Number: _____ Australian Centurion? _____ Number: _____

Malaysian Centurion? Number: _____ New Zealand Centurion? _____ Number: _____

Event(s) Entering: _____ 100km (\$100) _____ 100 Mile (\$100) _____ 100 Mile Relay (\$50/person)
Relay must fill out an entry for each participant.

Record Attempt? Yes: ___ Distance(s): _____

Assumption of Risk and Waiver: I understand that competing in race walking is a potentially dangerous event. In consideration of accepting this entry into the Not Just a Walk in the Park races, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against race organizers, USATF-Niagara, its employees, agents, officers, the Village of Owego, sponsors, volunteers and their representatives, successors and assigns for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained to allow for successful completion of the competition.

Signature: _____ Date: _____

Awards Ceremony:

6:00pm - Awards Ceremony - Free Entry. Number to attend? _____

6:00pm - Awards Ceremony & Dessert - \$20/person. Number to partake? _____

5:00pm - Dinner, Dessert & Awards - \$55/person. Number to partake? _____

Total Entry Fees and Dinner/Fees enclosed: _____