



Sunday, August 22, 2010

Hamot Health Foundation, the Erie Runners Club and the city of Erie will hold the 2010 Hamot 10K/Mayor's Cup on Sunday, August 22. In addition to the competitive 10K and 5K event, the day's activities include a Toddler Trot for kids age two to eight and a quarter-mile run for kids under 12.

Each event begins promptly at these times:

- Hamot 10K/Mayor's Cup 8:00 a.m.
- 5K Walk/Run 8:15 a.m.
- Toddler Trot 9:30 a.m.
- Awards Ceremony 10:00 a.m.

Registration:

Pre-registration starts June 1st. 5K and 10K participants can also register until 7:30 a.m. in the Hamot Surgery Center parking lot on the day of the race.

You can register online, just log onto www.active.com.

Fees:

- \$15 before August 12, 2010
- \$18 after August 12th and on race day.
- Day of Race not guaranteed t-shirt!!!!
- Family discount for four or more same household call 881-0060 for more information.
- The Toddler Trot is Free, but you must fill out application for each child.

Pre-race Packet Pick-up:

Hamot Medical Center North Lobby, 201 State Street, Erie, PA

- Fri., Aug. 20, noon to 6 p.m.
- Sat., Aug. 21, 11 a.m. to 2 p.m.

The Course:

The 10K course is USATF certified #PA98016WB and follows a scenic route through Erie, passing through the lovely South Shore and Frontier areas. The 5K Walk/Run will follow as an out-and-back course. The length of the Toddler Trot is adjusted for each age group.

Water stops, medical assistance and traffic control are provided for the safety of the participants. First aid, provided by Hamot Sports Medicine, along with water and refreshments are available at the finish.

Awards and Commemoratives:

Hamot 10K and 5K Walk/Run awards are presented to the first three overall male and female finishers, as well as the first male and female masters and wheelchair winners.

Awards also will be presented to the first three male and female finishers in the 10K run, 5K run and 5K walk in the following age groups: 12 and under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

The awards ceremony begins promptly at 10 a.m. along side the Hamot Surgery Center

Post-race Shower and Locker:

Convenient shower and locker area is available free to race entrants at the Hamot Wellness Center located at 300 State Street from 9-11 a.m. Just show your bib number to use this free service. Please bring your own lock, towel and soap.



Sunday, August 22, 2010

ENTRY FORM

Last Name: _____

First Name: _____

Address: _____

City/State: _____

Zip: _____

Birth Date: _____ Age: _____

Gender: M _____ F _____

Phone: () _____

E-mail: _____

SELECT ONE: Shirt Size: Adult Youth

10K Run, 8:00 a.m. start ___ Small ___ Medium ___ Large ___ X-Large ___ 2XLarge

5K Run, 8:15 a.m. start ___ Small ___ Medium ___ Large ___ X-Large ___ 2XLarge

5K Walk, 8:15 a.m. start ___ Small ___ Medium ___ Large ___ X-Large ___ 2XLarge

Toddler Trot 9:30 a.m. start Youth: ___ Small ___ Medium ___ Large

Release and Waiver

In consideration of accepting this entry, I, the undersigned, intending to be legally bound for myself, my heirs, personal representatives, successors and assigns, waive and release any and all claims for losses and damages I may have against Hamot Medical Center, the Erie Runners Club and the city of Erie, their representatives, successors and assigns and/or any other person whomsoever for any and all injuries that may result from this event, that I (my son/daughter) am (is) physically fit and have sufficiently trained for the completion of this event. I also understand and agree that any sponsor may subsequently use for publication and/or promotional purposes my name and/or picture and/or results or me participating in this event without any obligation or liability to me.

Signature: _____ Date: _____

(If under 18 years of age, signature of legal guardian is required.)

Mail your completed application(s) with payment (checks payable to Erie Runners Club) to:

Hamot 10K/Mayor's Cup

c/o Erie Runners Club

1903 W. 8th St.

PMB 296

Erie, PA 16504