



St. Patrick's Day

St Pat's 5K & 10K Distance Festival

9 (5k) & 10 (10k) AM - Saturday, March 13, 2010

Rotary Pavilion – Presque Isle State Park, Erie, PA

SPONSORS: The Erie Runners Club and Creative Imprint Systems

COURSE: The race will begin and end near in front of the Rotary Pavilion.

REGISTRATION: Day of race signup and packet pickup for pre-registered runners will begin at 8 AM in the Rotary Pavilion near the Waterworks area at Presque Isle. There are heated restrooms in the Rotary Pavilion. Post-race refreshments and award presentation in the Rotary Pavilion will begin 15 minutes after the last finishers cross the finish line.

AWARDS: Awards to the first-place male and female and to the first masters male and female in the run. Age group awards in the 10K to the top three (limited by pre-registered participants) males and females in categories starting with 12 & under, 13-15, 16-19, and then in five-year increments from 20-24 up to 80 & over. No duplication. The 5k will recognize 10 year age groups. Times for the 5k and 10k will be posted following the race.

The race will take place as scheduled regardless of the weather, with the following exception: The race will be cancelled if Presque Isle State Park is closed by park authorities. Check the website on race morning for closing information. Erie Runners Club may be followed on Twitter at twitter.com/ErieRunnersClub

RACE PREMIUM: The race premium is a top-quality long-sleeve T-shirt. **You must pre-register to be guaranteed a shirt on race day. Orders will not be taken for additional shirts.** Postmark deadline to pre-register is Thurs, Mar 4 2010. **Shirts not picked up on race day will be forfeit.**

Volunteers Needed: Every volunteer will be given a shirt and a free entry (which does include a second t-shirt). This free entry may be given to anyone. If you would like to volunteer, feel free to give your free entry away. This entry **MUST** be used to preregister.

To volunteer or for more information, contact Jim Lang at (814)882-9587 (evenings only please) or via email at jimlang@bigwhitetrailer.com

PLEASE FILL IN ALL ITEMS ON APPLICATION!!!

NO Dogs– really. We have a history of bringing our children and our pets to ERC races. Please, don't do this. It is a hazard that we do not need. There are just enough folks who do not control their dogs to make this a real hazard. So leave them at home. Or bring a sitter.

2009-2010 ERC Winter Series

Concludes 9-10 AM –SATURDAY, MARCH 13, 2010
Rotary Pavilion - PRESQUE ISLE STATE PARK, ERIE, PA

WINTER SERIES: Anyone who has completed the Turkey Trot and the New Year's Day race is eligible for the winter series:

- Anyone completing ALL THREE races (5K or 10K + 5M + 5k or 10K) will receive a commemorative fleece blanket.
- First Male & Female Open & Masters (4 total) awards for top 10K + 5M + 10K
- Those who have run or walked the Turkey Trot and the New Year's Day race **MUST PREREGISTER** and complete the St. Patrick's Day event to be eligible for the commemorative items.
- The Commemorative items are a no-cost item to the participants. It is our way of thanking you for participating in Club events.



HAPPY NEW YEAR

St. Patrick's Day

Make checks payable to **Erie Runners Club**

Complete & mail to

**Erie Runners Club - St. Pat's Run
PMB 296
1903 W 8th St
Erie, PA 16505**

**Do not mail after 3/5/2010
Late apps will NOT be processed**

App must be postmarked by 3/5/2010 to be guaranteed a shirt!

Race: (select 1) 10k ____ (10 am) 5k ____ (9 am) Both ____ (add \$2)
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____ \$11.00 - ERC member, no shirt, race only, by 3/5/2010
____ \$12.00 - Non-member, no shirt, race only, by 3/5/2010
____ \$19.00 – ERC member, w/ shirt, by 3/5/2010 only
____ \$20.00 – Non-member, w/ shirt, by 3/5/2010 only
____ \$15.00 – **DAY-OF-RACE ENTRY and postmarked after
3/5/2010, no shirt** (Shirts MAY be available for purchase on race day)
____ + \$2.00 – For an addl \$2, you may run both races (provided you do the 5k in under 1 hour)

Shirt Size S____ M____ L____ XL____ XXL____(add \$1)

Register online and save \$1 (active.com)

Shirts not picked up on race day will be forfeit.

MAKE CHECK PAYABLE TO Erie Runners Club

Name _____ Date of Birth _____ Age _____
Address _____ City _____ ST _____ ZIP _____
Telephone # _____ Gender: M____ F____ (Select one)
Email Address _____

email address: _____

In consideration of your accepting this entry, I hereby for myself (son/daughter), heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the organizers, sponsors, the Commonwealth of Pennsylvania, and municipalities in which the event is contested, their representatives, successors and assignees for any and all injuries, suffered by me (my son/daughter) in said event. I further certify that I (my son/daughter) am (are) physically fit, having sufficiently trained for this event, and had my physical condition verified by a licensed Medical Doctor. Further, it is hereby agreed that I release the rights to and the unconditional use of whatever photographs I might be a part of, without compensation or remuneration. I also understand that the results of this event are the sole property of the Erie Runners Club and that they will be published on the internet and the Runners Club Newsletter and will also be submitted to the local newspaper for their consideration. I understand that baby strollers and dogs are a hazard and will not be permitted in the race or to cross the finish line.

SIGNATURE: _____ Date: _____
Parent/guardian must sign for son/daughter/ward under 18 – Parents check here:___

____ **Winter Series:** Please check here AND COMPLETE THE SECTION BELOW if you completed or volunteered at the first two races and would like a commemorative fleece blanket if/when you complete the St. Patrick's Day event.

For scoring purposes, and to be sure you get your blanket, you **MUST** complete the following to be eligible for Winter Series contention. If you volunteered for the event instead of running, please enter "Volunteer" in the time space. If you do not fill out the following, you WILL NOT receive a commemorative nor will you be scored in the series:

Turkey Trot: Race Run: (circle one) 5k Walk: 5k Run: 10k Run:

Turkey Trot Time:

New Year's 5 Mile Race: Time:

Commemorative items: YOU MUST PROVIDE YOUR TIMES TO BE ELIGIBLE FOR THE Commemorative Fleece Blanket. If you volunteered for the event instead of running, please enter "Volunteer" in the time space.