



# INNER HARBOR 5K

Our Event Sanctioned by USTAF



Syracuse, New York

## Sunday August 30 2009

To Benefit It's About Childhood & Family's *Inner Wealth Initiative* ([innerwealth.org](http://innerwealth.org))

**Schedule:**  
8:30 a.m. **Children's Rainbow Run** (Sponsored by Diane E. Gilbert Memorial Fund)  
9:00 a.m. **5-Kilometer (3.1 miles) Race** (Run or Walk)  
10:00 a.m. **Awards Ceremony**

**Course:** This 5k event will start and finish at the Syracuse Inner Harbor (Van Rensselaer St. & W. Kirkpatrick St.). This is a flat and fast course and will go through Franklin Square. The Children's Run is a one-mile course.

**Entry Fee:** \$15 for 5k if received by August 16; \$20 after 8/16 or race day; Children's Run is **FREE** (\$5 for t-shirt) – No Refunds.

**Pledges:** **OPTIONAL** – collect pledges, win great prizes, and be eligible to win a child's bike (see next page for additional info.)

**Awards:** Overall male & female. 5k age-group awards to males and females in each of the following age groups: 0-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80+. Mid-pack prizes will also be awarded as recognition for those who run for the love of the sport. Awards to all children in the Rainbow Run. Additional prizes for all participating families.

**Packet Pick-Up:** 7:30-8:45 am on Sun 8/30 at the Inner Harbor. There are no changing/showering facilities. Please come dressed to run.

**Results:** **ChampionChip Timing will be provided by Leone Timing and Results**  
Results will be posted at the race and will also be available on-line at [syracusefleetfeet.com](http://syracusefleetfeet.com)

**Questions:** Michael Gilbert 315-382-0541 [mgilbert@iacaf.org](mailto:mgilbert@iacaf.org)



**Matt Roe**  
State Farm  
437-4456



**D&G Printing**  
Greg Gilbert, Owner

*Roller skates, roller blades, baby joggers, skateboards, headsets (other than hearing aids), and animals present hazards to runners and walkers and are strictly prohibited in the race. Offenders will be disqualified.*

BIB #

## 2009 Inner Harbor 5K Entry Form

Please make your check payable to IACAF, Inc. and mail to:  
IACAF, P.O. Box 281, Jamesville NY 13078

5K Race \_\_\_\_\_ (\$15 by 8/16, \$20 after 8/16 and race day)      Children's Rainbow Run \_\_\_\_\_ (Free, \$5 t-shirt)

Last Name

First Name

Gender

Age on 8/30

Street Address

City

State

Zip Code

Phone

Date of Birth

T-Shirt Size  
(circle)

E-mail \_\_\_\_\_

Release: Running a road race requires mental and physical preparation. I agree that I should not run unless I am properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the race. I assume all hazards associated with running this event, including falls, contact with other runners, the effects of the weather, including high heat and humidity, traffic and the conditions of the road, all such risks known and appreciated. Having read this waiver and understanding these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release It's About Childhood & Family Inc., City of Syracuse, and other sponsors, organizers, and successors from all claims or liabilities of any kind arising out of my participation in the event.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

(Parent's or Guardian's signature if 17 years of age or younger)

# INNER HARBOR 5K PLEDGE FORM (Optional)

\*PLEASE RETURN COMPLETED FORM WITH CHECKS MADE OUT TO IACAF, INC. PO BOX 281 JAMESVILLE NY 13078

\*OR BRING THE FORM AND MONEY TO THE REGISTRATION TABLE ON THE DAY OF THE RACE

NAME	PLEDGE \$ AMOUNT

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TOTAL AMOUNT RAISED	\$
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All of the proceeds from this event will be used to fund mental health/wellness services for children and families throughout Central NY. Many of our programs are available at 'no fee' and families can 'pay' for services by volunteering back into their communities.

## ALL PARTICIPANTS WHO RAISE \$150 OR MORE WILL AUTOMATICALLY BE ENTERED TO WIN A FREE CHILDREN'S BICYCLE

- \$25 LEVEL - FREE BOWLING or PUTT-PUTT GOLF or SYRACUSE CHIEFS TICKETS
- \$75 LEVEL - 2 PAIR RUNNING SOCKS or CHILDREN'S BOOK (choose from select titles)
- \$150 LEVEL - BASKETBALL or SOCCER BALL or BOOK (choose either 'Once A Runner' or 'Way of the Peaceful Warrior')
- \$250 LEVEL - 'LIFE IS GOOD' ITEM (T-shirt or Hat) or RAZOR SCOOTER or LACROSSE STICK
- \$500 LEVEL - IPOD SHUFFLE or RUNNING WATCH
- \$750 LEVEL - PAIR OF RUNNING SNEAKERS or SONY IPOD DOCK
- \$1000 LEVEL - IPOD 8GB NANO
- \$1250 LEVEL - DIGITAL CAMERA w/ CASE
- \$1500 LEVEL - NINTENDO Wii SYSTEM

\*levels of \$250 and higher also include prizes from first 2 levels

Name _____	Phone _____
Address _____	
City _____	State _____ Zip _____
Item Choice from Above Selections _____	



\*Prizes will be delivered the week after the race.