



6 RACES

WEDNESDAY, APRIL 21 — MENDON PONDS PARK

WEDNESDAY, MAY 19 — WEBSTER PARK

WEDNESDAY, JUNE 16 — ELLISON WETLANDS

WEDNESDAY, JULY 21 — MENDON PONDS PARK

WEDNESDAY, AUGUST 18 — WEBSTER PARK

WEDNESDAY, SEPTEMBER 15 — ELLISON WETLANDS

DISTANCES: 4 – 7 MILES

PREREGISTRATION:

\$10/RACE OR \$45 FOR THE SERIES IF PAID BY JUNE 16
OR ONLINE AT WWW.ACTIVE.COM

PACKET PICK UP:

AT FLEET FEET SPORTS ROCHESTER, 2210 MONROE
AVENUE, ROCHESTER, 14618

INCLUDES:

SHIRTS FOR ALL SERIES ENTRANTS. AMB TIMING CHIP &
POST RACE FOOD (EITHER COOKOUT OR POST RACE FOOD
AT MACGREGORS AFTER THE ONES AT ELLISON WETLANDS)
FINALE PARTY AT MACGREGORS.

RACE STARTS AT 6:30PM

(SEPT. RACE STARTS AT 6:00PM)

RACE DAY REGISTRATION:

STARTS AT 5:30PM

CLOSES 10 MINUTES BEFORE RACE STARTS

YELLOWJACKETRACING.COM

FOR MORE INFORMATION: 585-697-3338 OR
EMAIL: EVENTS@FLEETFEETROCHESTER.COM

SPONSORED BY:



DIRT CHEAP TRAIL RACE REGISTRATION

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

PHONE: _____

E-MAIL: _____

GENDER: M F (CIRCLE ONE) AGE ON RACE DAY: _____

SHIRT SIZE: S M L XL XXL (CIRCLE ONE)

**FEES: \$10/RACE OR \$45 FOR SERIES IF PD BY JUNE 16
FLEET FEET RACING TEAM MEMBERS \$25**

WHICH RACE? (PLEASE CHECK ONE)



AWARDS: SERIES PRIZES TO TOP OVERALL MALE & FEMALE AND AGE GROUP AWARDS TO TOP MALE AND FEMALE IN 5 YEAR AGE GROUPS: 19 UNDER, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 UP.

INCLUDES: SHIRTS FOR SERIES ENTRANTS. POST RACE CUISINE, AND AMB TIMING CHIP.



MANDATORY WAIVER (SIGNATURE REQUIRED)

NO HEADSETS, BABY STROLLERS, OR DOGS ALLOWED IN RACE. I know that running a trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by the decision of the race officials relative to my ability to safely complete the event. I assume all risks associated with running/walking this event including, but not limited to, falls, contact with other runners, the effects of the weather, including high heat and/or humidity and the conditions of the course, all such risks being known and appreciated by me. I grant permission to the organizing groups to use any photograph, motion pictures, or recordings of my taking part in this event for any legitimate purpose. Having read this waiver acknowledging these facts and in consideration of you accepting my entry, I for myself, and everyone entitled to act on my behalf, waive and release YELLOWJACKET RACING, Volunteers, and any and all race sponsors from any claims or liabilities of any kind arising out of my participation in this event. I understand that all entry fees are nonrefundable. I have read this waiver and certify my compliance and agreement with its content with my signature. If I do not return the chip I will be charged \$90.

Runner Signature: _____

If under 18, Parent/Guardian: _____

**MAKE CHECKS PAYABLE TO: YELLOWJACKET RACING
MAIL FORM AND ENTRY FEE TO: FLEET FEET SPORTS,
ATTN: DIRT CHEAP, 2210 MONROE AVE.,
ROCHESTER, NY 14618**