

RACE ENTRY FORM

Please complete a separate entry form for each participant.  
Additional forms can be found at [graftoncommunitylibrary.org](http://graftoncommunitylibrary.org)

Basic Info

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: (\_\_\_\_) \_\_\_\_\_  
Email: \_\_\_\_\_  
Age as of 8/11/19: \_\_\_\_\_ ☐ Male ☐ Female

Events

☐ 5K Race    ☐ 2.5 Mile Scenic Walk    ☐ Kids’ 1 Mile Fun Run

Shirt Size (Circle One)

Adult:    S    M    L    XL                      Child:    S    M    L

Recognizing that there are certain dangers associated with distance running, I hereby expressly assume all risk of injury and damage and release Grafton Lakes State Park, Grafton Community Library, USTAF, race sponsors, benefactors, volunteers, The State of New York, New York State Department of Transportation and any municipality through which this event passes, from all liability and claims of whatever nature or cause which may occur as a result of my participation in this speed contest.

\_\_\_\_\_ Date: \_\_\_\_\_  
Signature of Participant

\_\_\_\_\_ Date: \_\_\_\_\_  
Signature of Parent/Legal Guardian (Participants under 18)

Entry Fees

5K Pre-Registration	\$25	(Day of Race: \$30)
2.5 Mile Scenic Walk	\$15	(Day of Race: \$20)
Kids’ 1 Mile Fun Run	\$10	(Day of Race: \$10)

**Make check payable to:** Grafton Community Library Run for the Roses  
**Mail Entry Form & Check to:** Finish Right Timing, 30 Ironwood Drive, Saratoga Springs NY 12866  
**Electronic registration available at [www.finishright.com](http://www.finishright.com)**

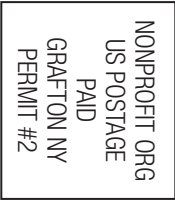


**34<sup>th</sup> Annual Run for the Roses**  
Grafton Community Library  
PO Box H  
Grafton, NY 12082

CURRENT RESIDENT OR:



Please Recycle



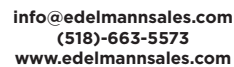
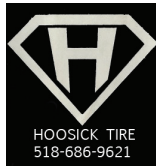
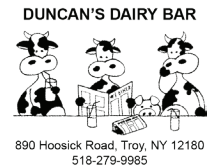
RUN FOR THE  
ROSES

2019 | GRAFTON LAKES STATE PARK

**34<sup>th</sup> ANNUAL**  
**SUNDAY, AUGUST 11<sup>TH</sup>, 2019**

Proceeds to benefit the  
**Grafton Community Library**

<b>5K Race</b> 9:00am	<b>Scenic Nature Walk</b> 8:00am	<b>Kids’ Fun Run</b> 10:00am
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## Time & Place

The **34th Annual Run for the Roses** will be held on Sunday, August 11, 2019 at Grafton Lakes State Park (Route 2, 12 miles east of Troy, NY).

9:00am 5K Foot Race  
8:00am 2.5 Mile Scenic Walk  
10:00am Kids' 1 Mile Fun Run

## The Course

The **5K Race** course, sanctioned by USATF, follows the Park Entrance Road, continues along Route 2, around the Town Park and back into the Park on Long Pond Road. The first half of the course is downhill, with uphill slopes on the second half. Water stations are near the half point. Mile Markers and split times will be available. The race finishes under the Finish Banner. Chip timing will provide live race results.

The **2.5 Mile Scenic Nature Walk** begins in the main parking lot, proceeds to Shaver Pond, and returns. The Walk finishes under the Finish Banner.

The **Kids' 1 Mile Fun Run** begins in the main parking lot, proceeds through the woods and along the beach. The Fun Run finishes under the Finish Banner.

## Course Records

Men's Record Rich Coughlin 15:17 1989  
Women's Record Lori Hewig 17:08 1990

## 2.5 Mile Scenic Nature Walk & Kids' 1 Mile Fun Run

To foster the spirit of participation, roses and books will be awarded to walkers. Fun Run participants receive a ribbon, book and ice cream gift certificate.

## Ceremonies

Awards are presented at the finish line immediately following the race. Refreshments are provided and showers are located near the finish line. The Park offers beach and picnic facilities - plan on staying all day!

## For More Information

Call the Grafton Community Library at **(518) 279-0580** or visit online at **graftoncommunitylibrary.org**



Grafton Lakes State Park Office: (518) 279-1155  
State of New York - **Andrew Cuomo, Governor** - Office of Parks, Recreation, and Historic Preservation - **Erik Kulleseid, Commissioner**  
An Equal Opportunity/Affirmative Action Agency

## Divisions

**5K Race:** 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+  
**2.5 Mile Scenic Walk:** Open to All **Kids' 1 Mile Fun Run:** Open to All

## Entry Fees (Nonrefundable)

5K Pre-Registration	\$25	(Day of Race: \$30)
2.5 Mile Scenic Walk	\$15	(Day of Race: \$20)
Kids' 1 Mile Fun Run	\$10	(Day of Race: \$10)

**Mail-in and Library drop-Off Pre-Registration must be received by August 5, 2019.**

Runners, Walkers and Fun Run may pick up their packets at 7:30am at the park's main parking lot on the day of the race. **Electronic registration available at [www.finishright.com](http://www.finishright.com)**

## Awards

A medal and bouquet of roses will be awarded to the top male and female runners in the 5K Race. Medals will be awarded to first, second, and third place in each division. All entrants receive a t-shirt and a book.

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Proceeds to benefit the  
**Grafton Community Library**

