



Participants - Anyone 55 Years or Older

Join us whether you are fast or slow, walk or run, use a cane, use a walker, or use a wheelchair – you are welcome! Competitive runners have the opportunity to race with their peers. First-time runners and walkers are welcome to enjoy the social and physical benefits of completing a 1 mile or 5K race! Join either race as an individual or as part of a team!

Wheelchair Participants are Welcome

If you use a wheelchair, or someone helps to push your wheelchair, you are welcome to join either the 1 mile or 5K event. The wheelchair participant must be 55 years or older, but the person pushing the chair can be under 55.

Team Awards

You can register as an individual or as part of a team. There will be special team awards, such as the largest team, the fastest, or most enthusiastic.

Walking Race

1 mile and 5K walking race will be held concurrently with the running race. Walkers can't break into a run at any point in the race, or they will be moved to the runner division. Walkers will receive awards - same as runners.

Awards

1 mile and 5K races will each have awards divisions for both runners and walkers: Top finishers - male and female; age group awards - male and female (55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+); top finishers for wheelchair participants. Special award for anyone who completes their first 5K. No duplication of awards within a race. You can only participate in one race event – 1M or 5K.

Summer Program - Bi-Weekly Gatherings

July 9 – Aug 31, Mondays & Fridays, 6:30 PM, at the Coal House on the Vestal Rail Trail. Seniors of all abilities are welcome - runners, walkers, wheelchairs. Light refreshments will be provided after each gathering. Training options include a “couch to 5K” program and fun games for all! Volunteers will be there to advise and support you. This program is optional—but so much fun!

T-shirts (They're Awesome!)

T-shirts guaranteed for all **preregistered** participants. Pre-registration ends Aug 31st. Afterwards, t-shirts available while supplies last.

Course

All races held on the Vestal Rail Trail, out and back course - flat & fast! Certified 5K (USATF # NY14087JG) and certified 1 mile (USATF # NY15056JG)

Parking

Accessible parking at the west end of the Vestal Rail Trail. Other parking available along Stage Rd. and nearby lots.

Sponsors & Organizers

Good Shepherd Communities, Excellus BCBS, Broome County Office for Aging (OFA), Vestal Coal House, Action for Older Persons & Triple Cities Runners Club (TCRC).

Results

Printed results posted shortly after the races at the Coal House. Afterwards, they will be posted on the Web sites of TCRC, OFA, and Vestal Coal House (see back page for the sites).

Fee: For just \$10, you can choose to join the twice-a-week summer gatherings and, on race day, all participants will get a T-shirt & finisher medal. Plus, you may win one of our many awards! You will also get some tasty refreshments, including our celebration cake!

Entry Form

First Name: _____

Last Name: _____

Street Address: _____

City/State: _____

Phone #: _____

E-mail: _____

Team Name (optional): _____

Gender: M F Birthdate: __/__/__

Age on race day (must be 55 or older): ____

T-shirt size (check box):

Small Med Large XL XXL

Race (one event only): 1M 5K

Division: Walk Run Wheelchair

Is this your first 5K? Yes No

Do you intend to join our bi-weekly summer gatherings? Yes No Maybe

Fee: \$10.00 *includes race and summer gatherings

Checks payable to: Vestal Coal House

Mail the completed application, check, **and signed waiver** (on back) to:

Vince Fox
Broome County Office for Aging
PO Box 1766, 60 Hawley St.
Binghamton, NY 13902

Waiver must be signed and returned with your entry form. Thank You.

I certify that I am physically fit and have sufficiently trained for competition and that my physical condition has been verified by a licensed medical doctor. I consent to allow my picture or likeness to appear in any official documentary, sponsor advertisement or exclusive television coverage of the Seniors Running and Walking Festival, in any manner incidental to my participation, and without compensation to me. I agree to assume all responsibility for all risk, damage or injury that may occur to me as a participant in any event of the Seniors Running and Walking Festival, including its training program. I release and discharge for myself, my heirs, executors and administrators, Excellus BCBS, Good Shepherd Communities, the Broome County Office for Aging, Action for Older Persons, Triple Cities Runners Club, Vestal Coal House, the Town of Vestal and all other agencies and individuals associated with the Seniors Running and Walking Festival and its summer training program.

Signature: _____

Print Name: _____

Date: _____

Emergency contact: _____

Contact phone: _____

Many groups have pulled together to make this happen: Excellus BlueCross-Blue Shield, Good Shepherd Communities, Broome County Office for Aging, Action for Older Persons, Vestal Coal House, Town of Vestal, and Triple Cities Runners Club.

Good Shepherd Communities

www.goodshepherdcommunities.org

Excellus BCBS

www.excellusbcb.com

Broome County Office for Aging (OFA)

www.gobroomecounty.com/senior

Vestal Coal House

<http://vestalcoalhouse.com>

www.facebook.com/VestalCoalHouse

Action for Older Persons (AOP)

<http://actionforolderpersons.org>

Triple Cities Runners Club (TCRC)

<http://triplecitiesrunnersclub.org>

Any questions??

Send an e-mail to vestalcoalhouse@stny.rr.com or leave a phone message at 607-760-8431.



Race Day: Saturday, September 8

Summer Program: July 9 – Aug 31

Open to anyone 55 years or older, all abilities! We call this a “festival” because it’s a celebration of older adults – their abilities, health, well-being, and their accomplishments!

Schedule

Summer program: July 9 – Aug 31
Mondays and Fridays. 6:30 PM – 7:30 PM

Race events: September 8

1 Mile walk, run or wheelchair
5K (3.1m) walk, run or wheelchair

Both races start at 8:30 AM

Location

Coal House Café at Vestal Rail Trail
204 Stage Rd., Vestal, NY

Thanks to our sponsors - Good Shepherd Communities and Excellus BCBS!

