



11th Annual 5K Open Road Race
SATURDAY, JULY 7TH, 9:00AM



TO BENEFIT:



ORGANIZED BY:

Downtown Binghamton Business Association

REGISTER ONLINE AT →



USATF Certified NY14059JG

<https://runsignup.com/Race/NY/Binghamton/ParlorCity5K>



Please send signed release and entries to:

Downtown Binghamton Business Assoc. c/o Sall-Stearns, 52 Court St., Binghamton, NY 13901

REGISTRATION NOTICE:

Pre-registration is highly recommended for all categories.
 Race day registration 7:00 - 8:30 am near Boscov's main entrance
 Registration closes and field is set at 8:30 am sharp!
 Note: Kid's Run will be held after 5K race finish

REGISTRATION:



PLEASE PRINT CLEARLY

Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Club: _____

Sex: ___ M ___ F Date of Birth: ___/___/___ Age on Day of Race: ___

Phone (day): _____ Phone (evening): _____

Check Appropriate Category:

- | | |
|----------------------------------|----------------------------------|
| Male | Female |
| <input type="checkbox"/> 10 - 12 | <input type="checkbox"/> 10 - 12 |
| <input type="checkbox"/> 13 - 15 | <input type="checkbox"/> 13 - 15 |
| <input type="checkbox"/> 16 - 19 | <input type="checkbox"/> 16 - 19 |
| <input type="checkbox"/> 20 - 29 | <input type="checkbox"/> 20 - 29 |
| <input type="checkbox"/> 30 - 39 | <input type="checkbox"/> 30 - 39 |
| <input type="checkbox"/> 40 - 49 | <input type="checkbox"/> 40 - 49 |
| <input type="checkbox"/> 50 - 59 | <input type="checkbox"/> 50 - 59 |
| <input type="checkbox"/> 60+ | <input type="checkbox"/> 60+ |

Kid's Run (< 9) - free

New Style Shirts This Year!

Take on your competitors in style with our new shirts **Sport-Tek** that feature 100% polyester, exceptional breathability, moisture wicking, flatlock stitching and raglan sleeves. Roomy, athletic cut and controls sweat like a champ!



Shirt Cut: ___ Male ___ Female

Shirt Size: check one
 ___XS ___S ___M ___L ___XL ___2XL ___3XL

Athlete's Release Form:

I know running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in the event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running this event, including high heat and/or humidity, traffic and the conditions of the road. All such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers or carriages, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this rule. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Downtown Binghamton Business Association, the City of Binghamton, and any and all sponsors or contributors involved in this event, from all claims or liabilities of any kind arising out of my participation in the event, even though that liability may arise out of negligence or carelessness on the part of the sponsoring bodies. This release shall be binding upon my heirs, administrators, successors and assigns and those of the sponsoring organization. By this release I fully intend to discharge the said organization from any and all injuries or losses suffered by me while participating in and traveling to and from this event.

Signature: _____ Date: ___/___/___

Parents Signature (if under 18 years): _____ Date: ___/___/___

Whom to notify in case of emergency:

Name: _____ Phone: _____

Athlete's Email: _____

5K Run entry fees are as follows (please check one):

- ___ \$18 - 5K Run, no shirt - received by June 25th ___ \$28 - 5K Run Late Entry with shirt (if avail.)
 ___ \$28 - 5K Run, with shirt received by June 25th

Make checks payable to: Downtown Binghamton Business Association No refunds

DIVISIONS & AWARDS:

Prizes will be awarded to the top three places in each Male/Female age division, to the first place overall Male and Female and first overall Masters contestants. There will be no duplication of awards. Earn points in the new Empire Road Race Series!

PLEASE NOTE:

- Chip timing by Leone Timing
- Pre-registration is highly recommended
- Race day registration: 7:00 - 8:30 am
- Registration on Water Street near Boscov's main entrance.
- Registration closes and field is set at 8:30 am sharp!
- Kid's Run will be held after the 5K Run finish
- No bikes, inline skates or dogs are allowed in the 5K
- Start/finish at eastern side of Court Street bridge
- Split times will be available at Miles 1 & 2
- Water stations will be available at midpoint and finish
- Post race fruit snack will be provided
- Packet pickup available at Confluence Running 7/5 at 5:00 - 7:00 PM, 7/6 at 1:00 - 7:00 PM



THE PARLOR CITY 5K COURSE
USATF Certified NY14059JG



- Binghamton Police will use a rolling cordon of lead/sweep vehicles.
- Runners will be directed to one half of the roadway and stay in the right lane of travel.
- Binghamton Police/Auxiliaries and volunteer marshalls will cover all intersections
- Runners straggling far back from the pack will be directed to finish on the sidewalk for their safety. The following escort vehicle will keep with the main group.

SPECIAL THANKS TO:



JULYFEST

2018

PARLOR CITY 5K RUN

MUSIC FESTIVAL

BINGHAMTON, N.Y.

11th Annual 5K Open Road Race
SATURDAY, JULY 7th, 9:00 AM
To benefit Magic Paint Brush Project

5th race in the Empire Road Race series!

Chemung Canal Trust Company

FIDELIS CARE **METROCENTER** **SECURITY MUTUAL LIFE**

UHS Mid-Atlantic Waterproofing **McIntosh**

National Floor Center **weis** **LEGENDARY PERFORMANCE**

Hood **Mirabito** **Thomas J. Shea Funeral Home, Inc.**

MARCHUSKA BROTHERS CONSTRUCTION, LLC **TWIN RIVER COMMONS** **Pyramid Brokerage Company**

CUSHMAN & WAKEFIELD **NEWMAN DEVELOPMENT GROUP LLC**

Freihofers BAKERY **THE COLONIAL BINGHAMTON, NY**