

# 2019 Black Diamond Express Races

(5K & Half Marathon to benefit the Mendon Foundation)



Sunday, August 25, 2019 • Lehigh Valley Trail, Rt. 251, Mendon, NY

HM starts at 8:00 AM • 5K starts at 8:20 AM

Course: Flat, scenic out & back course along the historic Lehigh Valley Trail

Start & end: Mendon Station (<https://goo.gl/maps/8ZoNARYJ95q>)



Half Marathon  
NY17052IG

Sponsored by  ROCHESTER RUNNING CO &  LATTIMORE physical therapy & sports rehabilitation &  palmer food services . . . with more to be announced!

## Fees

Register early for best prices!

| Race          | Thru 5/31/19 | 6/1 – 6/30 | 7/1 – 7/31 | 8/1 -8/24 | After 8/24 |
|---------------|--------------|------------|------------|-----------|------------|
| Half Marathon | \$50         | \$55       | \$60       | \$70      | \$75       |
| 5K            | \$25         | \$25       | \$30       | \$30      | \$35       |

A guaranteed long-sleeved **T-shirt** or **mug** to the first 150 registered by August 1! After that date, T-shirts and mugs may be available on a first-come, first-served basis. Refreshments for all registered runners/walkers.

## Awards

**HM:** Top 2 Male & Female **CASH** prizes; non-cash for age groups 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+  
→ **All Half Marathon finishers will receive our handsome, custom finisher's medal!**

**5K:** Top 2 Male & Female **gift certs**; non-gift certs for age groups 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

## Registration

- **Option 1:** Register and pay through RunSignUp.com (*Processing fees apply!*):  
<http://runsignup.com/Race/NY/Mendon/BlackDiamondExpressRaces>
- **Option 2:** Complete form below, and mail form with check payable to: Mendon Foundation.  
**Mail to:** Mendon Foundation, Attn: Drew D. Saur, Race Director, PO Box 231, Mendon, NY 14506-0231.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Race (circle one): 5K Half Marathon Gender (circle one): M F Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

T-Shirt OR mug (circle ONE): S M L XL Mug (shirts are unisex) Phone: \_\_\_\_\_

Early Start Requested:  (we will contact you with more information) USATF Member # (if applicable): \_\_\_\_\_

### Mandatory Waiver – Signature Required

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 PCR TIMING, USA TRACK & FIELD, Volunteers, the Mendon Foundation 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 and/or acceptance of the electronic version of this form.

Runner Signature: \_\_\_\_\_

If under 18, Parent/Guardian: \_\_\_\_\_