

2022 Black Diamond Express Races

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



Sunday, August 28, 2022 • 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 Youth Baseball Fields (<https://goo.gl/maps/8ZoNARYJ95q>)



Half Marathon
NY17052IG

Sponsored by  &  &  . . . with more to be announced!

Fees Register early for best prices! • Our 5K is a Greater Rochester Track Club RROY Series Race!

Race	Thru 5/31/22	6/1 – 6/30	7/1 – 7/31	8/1 -8/27	After 8/27
Half Marathon	\$55	\$60	\$65	\$75	\$80
5K	\$30	\$30	\$35	\$35	\$40 →
Virtual Half	\$60	\$60	\$60	\$60	\$60
Virtual 5K	\$35	\$35	\$35	\$35	\$35



A guaranteed long-sleeved T-shirt or mug to the first 150 registered by August 8, 2022! After that date, T-shirts and mugs may be available on a first-come, first-served basis. Refreshments available to all registered runners/walkers.

Awards

Half: Top 2 (non virtual) 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 (non virtual) 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!): <https://runsignup.com/Race/NY/Mendon/BlackDiamondExpress>
- **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 (required for race updates): _____

Race (circle one): 5K Half Virtual 5K Virtual Half Gender (circle one): M F Date of Birth: ____/____/____

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

7:30 Half Marathon Early Start Requested: 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 RobinHood Racing, 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: _____

UNLEASH YOUR INNER LOCOMOTIVE

OUR 11th YEAR



SUPPORT THE
MENDON
FOUNDATION

RACE THE TRAIL

“A well-organized race on a smooth, easy and attractive trail. Highly recommended.”
— See more testimonials at www.blackdiamondexpressraces.org

You're standing on one of the most celebrated American railroads of all time: The Lehigh Valley — home of the famous **Black Diamond Express** passenger train, which ran from New York to Buffalo.

While this land is owned by Monroe County Parks, this rails-to-trails project that you are enjoying was created by (and is maintained year-round by) a small but passionate non-profit group called the **Mendon Foundation**. We depend on privately-collected donations and volunteer help to mow, groom and improve it so that you can continue to enjoy it, year-round, for walking, hiking, biking, running, and more.

If you're a runner, one of the best ways you can support the Trail and the Mendon Foundation is to run the **Black Diamond Express Half Marathon & 5K Races** on August 28, 2022. Visit www.blackdiamondexpressraces.org for more information, and register early for the best prices!



Our **5K** is a Rochester Runner of the Year Series Race!



The **Black Diamond Express 5K** starts in the Hamlet of Mendon near the baseball fields south of Route 251, runs 1.55 miles west toward Chamberlain Road, turns around, and ends right where it began.



The **Black Diamond Express Half Marathon** starts in the Hamlet of Mendon near the baseball fields south of Route 251, runs 6.55 miles west toward Rush, turns around, and ends right where it began. (USATF Certified Course **NY17052JG**)

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