



CHAUTAUQUA STRIDERS



Dan Feather Memorial

5 K Run, Fitness Walk, & Fun Run

Sunday, August 31, 2008

Bergman Park, Jamestown, New York

**This race is a benefit for Chautauqua Striders and the Daniel Feather Memorial Scholarship.
The 5K Race, Fitness Walk and Fun Run are open to runners and walkers of all ages and athletic ability.**

Date & Time:	Sunday, August 31, 2008 1 Mile Fun Run at 9:00 a.m.; 5-K Race and Fitness Walk at 9:30 a.m. Late Registration/Check-in: 8:00 a.m. to 9:00 a.m. (\$20.00 per entry with no guarantee of t-shirt) Food & refreshments (under the pavilion) will follow the 5 K race.
Parking/Start:	Bergman Park, 487 Baker Street, Jamestown, New York
Distance:	5 Kilometers (3.1 miles) and One Mile Fun Run
Course:	The 5 Kilometer course is certified by USATF (USATF Certified Course: NY06124KL)
Age/Categories	Male and Female 5K Race: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over. 5-K Fitness Walk and 1 Mile Fun Run: Open to all ages
Awards:	Given proportionally in each division (<i>no duplication of awards</i>) <ul style="list-style-type: none">5-K Race trophies to first three male and female finishers in each age group5-K Race trophy to first male and female police officer5-K Fitness Walk trophies to first three male and female finishers; must walk* entire 5K course1 Mile Fun Run awards; trophy to first male and female finisher <small>*Walking differs from running in that it requires the competitor to maintain contact with the ground and straighten their front knee when the foot makes contact with the ground, keeping it straightened until the knee passes under the body.</small>
Registration:	Pre-entries close Wednesday, August 27, 2008 (to ensure t-shirt please pre-register) Late registration from 8:00 a.m. to 9:00 a.m. on race day at Bergman Park.
Entry Fee:	5-K Runners: \$18.00 All late entries/registration received after 8/27/08 are \$20.00 5-K Fitness Walkers: \$18.00 1 Mile Fun Runners: \$10.00 (5-K runners can participate in the Fun Run for no additional fee) <i>Custom T-Shirt to the first 120 runners or walkers registered*</i> Please make check or money order payable to: Chautauqua Striders, Inc.
Send Entries to:	Chautauqua Striders DF5K, 101 East Fourth Street, Jamestown, NY 14701
Additional Information:	Please visit our website for additional information. Our website address is www.chautauqua-striders.org

