

## FUN FOR THE WHOLE FAMILY

*The Ruth Allen  
Memorial Towpath Run  
and Fun Walk will be  
held August 11, 2012*

### STARTING TIME

9:00 a.m.

### CATEGORIES

Under 13; 14-18; 19-29; 30-30;  
40-49; 50-59; 60-69; 70+

### REGISTRATION

Report to the  
Marshal Town Hall  
2651 State Rt. 12b  
Registration begins at 8:00 a.m.  
and will be cut off at 8:45 a.m.

### ENTRY FEE

(for run and walk)  
\$15.00 pre-registration  
(must be received by 8/4/12)  
\$20.00 (8/4/12 -- day of race)

**please make checks payable to  
Marshall Run**



## PRIZE INFORMATION

### FOR RUNNERS

Trophies will be presented to the overall male and female runners. Medals will be awarded to the first male and female run finishers in each category.

### FOR WALKERS

certificate plus prizes for:

- youngest walker
- oldest walker
- walker who traveled farthest to participate

***ALL PARTICIPANTS WILL  
RECEIVE A FINISHER'S  
RIBBON***

***AWARD CEREMONY HELD  
BEHIND THE TOWN HALL AT  
11:00 OR AS SOON AS  
RESULTS ARE FINALIZED***

***FOR MORE INFORMATION: call 841-  
4707; OR VISIT OUR WEBSITE:  
WWW.MARSHALLRUN.ORG***

### T-SHIRTS

FREE to the first 100 registered  
runners and walkers - so  
register early!  
Size and quantity not  
guaranteed on race day

**INDOOR REST ROOMS  
AVAILABLE**

BIB # \_\_\_\_\_

Ruth Allen Memorial Towpath Run and Walk  
Entry Form (circle either run or walk)

Name \_\_\_\_\_ Address \_\_\_\_\_

Phone \_\_\_\_\_ email (required) \_\_\_\_\_

Age as of 8/11/12 \_\_\_\_\_ sex \_\_\_\_\_ T shirt size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

WAIVER:

I, the undersigned, accept full responsibility for myself and for any injuries I may incur during this race. I understand that physical exertion is inherently dangerous. Risks include, but are not limited to, my own medical and physical condition, motor vehicle traffic, road surface conditions, and the weather. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself any anyone entitled to act on my behalf, waive and release the volunteers of this race, the Town of Marshall, The Barton Hose Company, the Brothertown Association, and anyone involved with this race

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_ (if under 18)

# Ruth Allen Memorial Towpath Run and Fun Walk



## Saturday August 11, 2012

Participate in 10 out of 20 events and receive a performance shirt with the Route 20 Road Challenge Series Logo

### 2012 Road Challenge Races

- April 15** - Habitat for Humanity HomeRun 5K Run/Walk & Half Marathon (Hamilton)-Rachel DiDomizio (315-228-6877) rdiDomizio@colgate.edu
- April 28** - Community Center 10K/5K Run, 2-Mile Walk (Richfield Springs)-Bill Kosina (315-749-3286) jabkos@verizon.net
- \*\*NEW\*\* April 28** - DACC 5K Dash (Duansburg)-Darcie Adams (518-895-9500 x114) dadams@dacc.info
- \*\*NEW\*\* May 6** - Aggie Scott CROP Walk (Cobleskill)-John Jarvis (518-234-2933) johnjarvis12043@msn.com
- \*\*NEW\*\* May 12** - 6th Annual Run for the RACC 5K (Rome)- Jason Pare (315-351-6830) jaypare@earthlink.net
- May 19** - West Winfield CROP Walk (West Winfield) Mary Lou Putsay (315-822-5237) copper700@aol.com
- June 3** - 10th Annual Cooperstown Girls on the Run 5K (Cooperstown) Sally Trosset (607-437-1985) sallytrosset@girlsontherun.org
- June 23** - Yellow Brick Road 8K Run & 5K Walk (Chittenango) Steve Waite (315-687-7114) waites30@hotmail.com
- July 14** - 4th Annual 5K Race for ChildRun & 1 Mile Fun Run (Morrisville) Jennifer Britton (315-684-6400) brittoj@morrisville.edu
- July 15** - 5K Sundae Run, 2 Mile Fun Walk and Ice Cream Social (Millers Mills) Karen Huxtable (315-858-2855) khuxtable@live.com
- August 4**-MadCoW 5K Run/Walk (Nelson) Dick Benner (315-655-8591) windmillr@twcny.rr.com
- August 11**-Ruth Allen Memorial 4 Mile Run and Fun Walk (Deansboro) Janet Dangler (315-841-4707) marshallrun2012@gmail.com
- \*\*NEW\*\* August 25** - 4th Annual Duansburg Community Center Triathlon -Jenn Dixon (518-875-9500) jennndixon@wilblue.net
- September 15**- Mary Cleary Memorial 5K Run/Walk (Waterville) Dick Zweifel (315-841-8918) marycleary5k@aol.com
- \*\*NEW\*\* September 23** - Bread Run for Schools 5K & half-marathon (Fabius) Larry Carr (315-243-9144) info@breadrunatfabiousny.org
- September 29** - Madison Hall 5K Run/Walk (Morrisville) Kelly Gardner (315-684-6363) gardneke@morrisville.edu
- October 13**-CNS Waddle Toddle 5K Run/Walk, 1-Mile Run/Walk and Fun Run (Hamilton) Donna Jarcho (315-824-1109) djarcho@twcny.rr.com
- \*\*NEW\*\* October 14** - Cazenovia CROP Walk - April Roberts (315-427-2822) april.roberts@jcerlich.com
- October 20** - Eaton 5K Run and Walk (Eaton) Craig North (315-825-5691) southof20@yahoo.com
- \*\*NEW\*\* October 28** - Coop Loop 5K Run/Walk (Cooperstown) Rich Jantzi (607-547-2800x125) jantzir@clarksporscenter.com

