

**TIBBETTS POINT  
5K RUN/WALK & 10K RUN  
SUNDAY, JULY 22, 2012**

**LOCATION:** Town of Cape Vincent Recreation Park, 602 S. James Street, Cape Vincent.

**TIME:** 10:00AM (1 K Kids Fun Run begins at 9:30 with registration for Fun Run beginning at 8:30 am.)

**COURSE:** The 10k course is flat and fast. It follows the St. Lawrence 5k to a turn around at the scenic Tibbetts Point Lighthouse. The 5k course follows the same route to a 2.5k turn around. Walkers follow same course as 5k runners and will start at 9:45.

**FEE:** Pre-Registration \$15.00, Race Day \$17.00 Canadian cash will be accepted at par-  
**checks/money orders must be in US funds. Free t-Shirts to the first 100**  
**participants registered. \$2.00 Military discount with ID.** 1k Fun Run is FREE.  
**MAKE CHECKS PAYABLE TO: CAPE VINCENT CHAMBER OF COMMERCE**

**MAIL REGISTRATIONS:** CV Chamber of Commerce, PO Box 482, Cape Vincent, NY 13618. Pre-registration must be sent no later than July 16<sup>th</sup>.

**REGISTRATION:** 8:00AM to 9:45AM at the Recreation Park on James Street, ½ mile directly south of the Ferry

**AWARDS:** Permanent trophy engraved with names of the male and female winners of the 5k Run and 10k Run. Walkers are eligible for tee-shirt and door prizes but it is basically a fun walk. Ribbons will be awarded to the first, second and third place men and women runners in the following categories:

14 and under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69, 70 and up  
Ribbons will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> for the 1 k Fun Run.

For additional information call: Cape Vincent Chamber of Commerce at  
(315) 654-2481 or e-mail: [thecape@tds.net](mailto:thecape@tds.net)

---

Tibbetts Point Run/Walk – Official Entry Form/Release, Waiver, Indemnity

In consideration of accepting the entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the race directors, the Town/Village of Cape Vincent, and the Cape Vincent Chamber of Commerce Directors and Membership, for any and all injuries that may be suffered by me as a result of my participation in this race, I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Race: 5k \_\_\_ Run or Walk (circle one) 10k \_\_\_ Run

Address \_\_\_\_\_ City \_\_\_\_\_ State/ Prov \_\_\_\_\_

Zip/Postal Code \_\_\_\_\_ Phone # \_\_\_\_\_ E-mail \_\_\_\_\_

**Print Name** \_\_\_\_\_ **Age Race Day** \_\_\_\_\_ **Male** \_\_\_\_\_ **Female** \_\_\_\_\_

**Shirt Size** S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_ (sizes not guaranteed)

**Parent's Signature** \_\_\_\_\_ (if 18 years or younger)

If I am one of the first 100 registered I do **NOT** wish to receive a free t-shirt \_\_\_\_\_