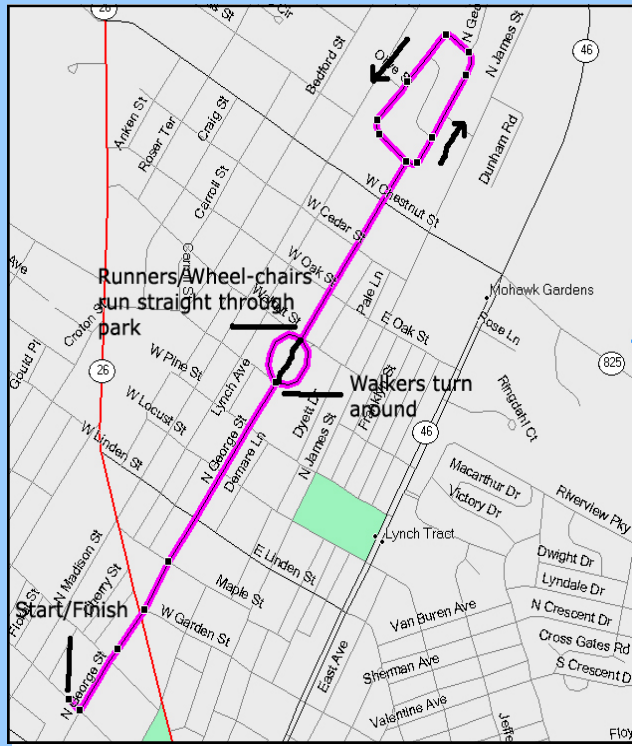
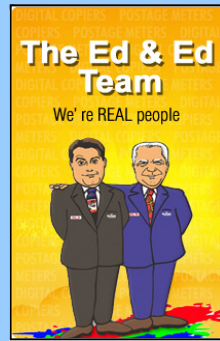


# Course Map & Information



This 5K race is run on a certified and validated (#NY 09020JG) keyhole course. Water will be available at two points on the course (1 water stop for 1 mile walkers) and splits will be called at the 1 and 2 mile markers. Major intersections will be controlled by City of Rome Police and volunteers, but we ask you to be aware of surrounding traffic for your safety.



Sponsored by **UPSTATE OFFICE EQUIPMENT**

## Start Times—

### 5k Wheelchair Division

8:59 am

### 5k Runners

9:00 am

[Runners: no headphones, strollers, or rollerblades permitted]

### 1 Mile Walkers

9:02 am

### Kids Fun Run

9:45 am (on RACC lawn)

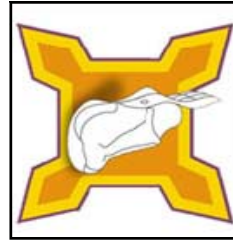
## Age Groups & Awards—

### Male & Female:

13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over

Awards given to the top 3 overall M/F finishers, as well as 10 year age groups 3 deep. Awards to the 1st overall M/F wheelchair athletes. 1st place overall awarded for the 1 mile walk event. **NO DUPLICATE AWARDS!**

**Attention High School Cross Country Teams:** Please contact us to find out about discounted team entry fees and team competition awards.



Thank you Roman Runners for your continued support!

[www.romeart.org](http://www.romeart.org)

308 W Bloomfield Street Rome, NY 13440

(315) 336-1040 Fax (315) 336-1090

ROME ART AND COMMUNITY CENTER

*Art AND*

Third Annual  
**run for the RACC**

raffle Prizes! awards!

**Music, food & fun!**  
ROME ART AND COMMUNITY CENTER

**5k rOaD raCe**

**1 MILE waLk**

**kIDs fuN ruN**

**auGust 22, 2009**

Supports Rome Art And Community Center

Non-Profit  
Organization  
U.S. Postage Paid  
Permit # 13  
Rome, NY 13440

## About this Event

Rome Art And Community Center is Rome's only multi-arts facility and one of only two nonprofit multi-art centers in Oneida County. RACC is committed to fostering creativity, cultural awareness, and a strong community connection through a broad range of programming and services.

The **RUN FOR THE RACC** was created to raise much-needed funds for Art Center operations, and to promote community spirit. This event is an extension of RACC's 'Mind, Body, Spirit' Program. **This race is directed by Jason Paré.**

Please join us for our 3rd annual RUN FOR THE RACC on Aug. 22, 2009! There will be great food, **music by local blues legend Midnite Mike**, raffle prizes, awards, and more!

New this year... we have made an all-day festival, which will kick off with the Run for the RACC, and continue with an **Outdoor Arts & Crafts Festival, live music stage, games, tasty food booth, indoor Scholastic Book Fair, Kid's Sidewalk Chalk Art Challenge, and our very first Sidewalk Fine Arts Exhibition!** Admission is free, so be sure to stick around for all the festivities!

***And if you cannot participate, you can still support the Art Center by sending in your pledge, or pledge another runner or walker instead! See you there!!!***

**More info: [www.romeart.org](http://www.romeart.org)**



## Registration Information

### Registration Fee

**Pre-register by August 18 for a fee of \$15 per participant.** Registration fee will be \$20 on race day.

### or... Obtain Pledges

**Runners/Walkers/Wheelchair participants may also obtain pledges— with a minimum of \$15 required to participate** (\$20 if registering on day of race). Ask friends, family members and coworkers to pledge you, collect your pledges, and bring them with you on the day of the race. A Certificate will be given to the participants raising the most money. If you would like to obtain pledges, please use the official RACC pledge form.

### Freebies!

An official Run for the RACC Water bottle will be given to the first 150 5k Race or 1 mile Walk registrants.

### Registration Time: 7:30— 8:45 AM

You can pre-register by sending in the attached registration form, or **register the quick and easy way... at [www.romeart.org](http://www.romeart.org).** There are no additional fees for registering online using our secure form.

### Kids Fun Run! 9:45 AM

Join Bugs Bunny as he leads a special **Kids Fun Run** for ages 9 and under. **Registration \$1.00. Everyone's a winner! Try to catch that Speedy Wabbit!** Includes a special prize for each child. Preregister is preferred, or during scheduled times on race-day.

### Food, Prizes & Music!

Refreshments and raffle prizes will be available to all run/walk/wheelchair participants. Awards will be handed out around 10:15 AM. Local Blues Legend Midnite Mike will perform during warm up and again before the awards ceremony.

QUESTIONS? Call 315.336.1040 Email [racc2@cnymail.com](mailto:racc2@cnymail.com)

## Run for the RACC Registration Form

### Participant Information (Pre-registration Entry Just \$15)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Sex M \_\_\_ F \_\_\_ Age \_\_\_\_\_

Email \_\_\_\_\_

### Participation Level (Circle one)

Run      Walk      Wheelchair      Kids Fun Run (**\$1**)

**All runners are required to assume all risks by signing the general release.** In consideration of your acceptance of my application, I, for myself, my personal representatives, heirs, and next of kin hereby release and discharge The RUN FOR THE RACC, its organizers, sponsors, directors, and agents, Rome Art And Community Center, for all liability to me, my personal representatives, and theirs for all loss, damage, or any claim or demands on account of personal injury, death or property damage arising out of my participation in RACC's Run for the RACC. I am fully aware of the risks inherent in participating in said RACC's Run for the RACC and hereby elect to voluntarily enter said event and event area and voluntarily assume all risks of loss and injury which I may sustain. I am physically fit and properly conditioned for this event. I hereby grant full permission to Rome Art And Community Center to use my name, voice, or picture in any broadcast, telecast, advertising promotion or account of this event for any purpose. I have read and understand this release and waiver of all liability.

Signature (Participant or Parent/Guardian) \_\_\_\_\_

Date \_\_\_\_\_

### Official Run for the RACC Pledge Form

|    |    |
|----|----|
| 1  | \$ |
| 2  | \$ |
| 3  | \$ |
| 4  | \$ |
| 5  | \$ |
| 6  | \$ |
| 7  | \$ |
| 8  | \$ |
| 9  | \$ |
| 10 | \$ |