

WITCH WAY IS THE 5K?

Come to Sauquoit and experience the beauty of this hidden gem! This is a family friendly event, featuring Kids Runs at the Sauquoit Valley Stadium and a 5K run starting at the Town of Paris Park. Come and join the fun!



The Sauquoit Valley Foundation was created in 2004 by a handful of community members who saw a need to form a non-profit, independent foundation that continually builds an endowment used to fund projects and programs for the Sauquoit Valley Central School and community. The Sauquoit Valley Foundation is managed by a Board of Directors and we meet at 7 PM the first Monday of each month virtually due to COVID 19. Interested individuals can join the meeting by contacting Joanne Eisinger at 315-338-4022. Meetings are open to the public, we welcome people with good ideas who are anxious to pitch in and help. Our mission is to promote and support excellence in the Sauquoit Valley community.

Please be advised that on October 2, 2022 the following roads will be closed from

11:00am- 12:30 PM:

Oneida Street (from Route 8 to Pinnacle Rd)

Sulphur Springs Road

Sunrise Drive

Emerald Hill Drive



Sunday, October 2, 2022

**In person registration
from 9:00 to 11:15AM**

5K run starts 11:30

**Kids runs start at
10:00am**

**This event is
sponsored by the
Sauquoit Valley
Foundation**

EVENT DETAILS

Sunday, October 2, 2022

Rain or Shine

Kids Fun Runs start at 10:00 am

5K run starts at 11:30 am

NOTE: Race regulations prohibit strollers, pets, bicycles, roller blades, roller skates or headphones.

KIDS RUN INFORMATION

Kids Runs are held at the Sauquoit Valley Stadium. There is a \$5 entry fee which will include a tee shirt.

Please arrive 15 minutes before your scheduled race time.

Please park in the Paris Town Park – you will be able to get out before the start of the 5k race if needed

Ages 5-6: ¼ Mile Run (1 lap) starts at 10:00 am

Ages 7-8: ½ Mile Run (2 laps) starts at 10:15 am

Ages 9-10: ¾ Mile Run (3 laps) starts at 10:30 am

Ages 11-12: 1 Mile Run (4 laps) starts at 10:45 am

REGISTRATION AND PACKET PICKUP

Registration and packet pickup day of the race at the Town of Paris Park. Registration open 9:00 AM – 11:15 AM.

FEES

5K Before September 15, 2022 \$20
5K After September 15, 2022 \$30

Kids Run Before September 15, 2022 \$5
Kids Run After September 15, 2022 \$10

MAIL COMPLETED REGISTRATIONS TO:

Sauquoit Valley Foundation
2601 Oneida St
Sauquoit, NY 13456

Make checks payable to: **Sauquoit Valley Foundation**
\$20.00 fee for returned checks

ONLINE REGISTRATION:

<http://sauquoitvalleyfoundation.org/5k/>

Please Park in the Paris Town Park for all race events

Any questions email finance@sauquoitvalleyfoundation.org

5K AWARDS

Overall Awards to the top overall Male and Female. Age Group Awards will be presented to the top 3 in the following male and female divisions following the race at the stadium :

13 and under 13-19 20-29 30-39
40-49 50-59 60+

No duplicate awards.

AWARDS CEREMONY

5K Run awards ceremony will take place at the Sauquoit Valley Stadium at 12:30 pm.

SHIRTS

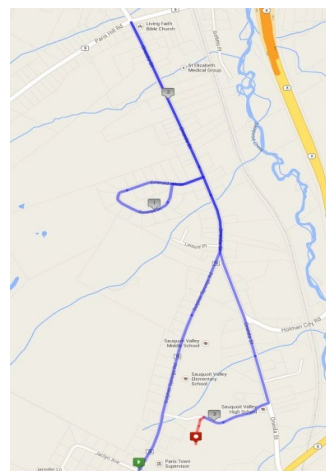
Tee Shirts have a custom design. They are available in the following sizes: Youth S, M, L, Adult S, M, L, XL, and XXL. Shirts guaranteed to those that register September 15, 2022

TIMING AND RESULTS

Timing for the 5K Race will be provided by TNT Timing. Results will be posted at tntiming.com/results following the race.

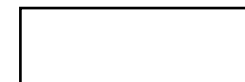
5K COURSE

This is a beautiful run that will take you through Sauquoit and back to finish at the Sauquoit High School Stadium. The race starts on Sulphur Springs Road at the entrance to the Paris Town Park. Runners will run down Sulphur Springs Road and take a left on Oneida Street, take a left into Emerald Hills, a left back onto Oneida Street, turn around at the corner of Oneida Street and Pinnacle Road, and then head back towards the school on Oneida Street. The race will finish on the track at Sauquoit Valley Stadium!



2022 ENTRY FORM

One entrant per form please



Official Use Only

Grid for Last Name

Last Name

Grid for First Name

First Name M.I.

Grid for Address

Address

Grid for City

City

Grid for State, Zip, Race Day Age, Sex

State Zip Race Day Age Sex

Grid for Phone Number

Phone Number

EMAIL: _____

	Event	Time	Price before 10/1/21	Price After 10/1/21
<input type="checkbox"/>	5K Run	11:30 AM	\$20.00	\$30.00
<input type="checkbox"/>	5K Virtual Run		\$20.00	\$30.00
<input type="checkbox"/>	Kids Fun Run: ¼ mile (ages 5/6)	10:00 AM	\$5.00	\$10.00
<input type="checkbox"/>	Kids Fun Run: ½ mile (ages 7/8)	10:15 AM	\$5.00	\$10.00
<input type="checkbox"/>	Kids Fun Run: ¾ mile (ages 9/10)	10:30 AM	\$5.00	\$10.00
<input type="checkbox"/>	Kids Fun Run: 1 mile (ages 11/12)	10:45 AM	\$5.00	\$10.00
<input type="checkbox"/>	Kids Fun Run: 1 mile Relay (ages 11/12)	10:45 AM	\$5.00	\$10.00

ENTRY FEE: \$ _____

T-SHIRT SIZE: (Youth: S, M, L | Adult S, M, L, XL, XXL)

T-Shirt size not guaranteed

WAIVER

I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Oneida County Sheriffs Department, the Sauquoit Valley Foundation, town of Paris, the Sauquoit Central School District, Oneida County, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Parent's Signature if under 18 yrs. _____ Date _____