

## 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 17, 2021 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  
17, 2021**

**REGISTRATION**

**9:00-11:15 AM**

**KIDS RUNS START  
AT 10:00 AM**

**5K RUN STARTS AT  
11:30 AM**

**THIS EVENT IS  
SPONSORED BY  
THE SAUQUOIT  
VALLEY  
FOUNDATION.**

**EVENT DETAILS**

**Sunday, October 17, 2021**  
**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 October 1, 2021 \$20  
 5K After October 1, 2021 \$30

Kids Run Before October 1, 2021 \$5  
 Kids Run After October 1, 2021 \$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](mailto: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**

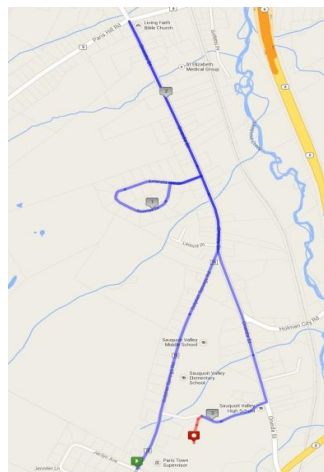
Tee Shirts have a custom design. They are available in the following sizes: Youth S, M, L, Adult S, M, L, XL, and XXL. Shirts guaranteed to those that register before October 1, 2021.

**TIMING AND RESULTS**

Timing for the 5K Race will be provided by TNT Timing. Results will be posted at [tntiming.com/results](http://tntiming.com/results) following the race.

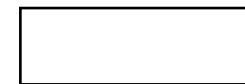
**5K COURSE**

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!



**2021 ENTRY FORM**

One entrant per form please



Official Use Only

\_\_\_\_\_  
 Last Name

\_\_\_\_\_  
 First Name M.I.

\_\_\_\_\_  
 Address

\_\_\_\_\_  
 City

\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_ Race Day Age \_\_\_\_ Sex

\_\_\_\_ - \_\_\_\_ - \_\_\_\_  
 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 \_\_\_\_\_