

# GENTLE FAMILY DENTISTRY

Sponsors

## FLY WITH EAGLES 10K ROAD RACE

& 1 Mile Fun Run

SATURDAY APRIL 24, 2010

**Where:** Twin Tiers Christian Academy  
Rte. 223, Breesport, N.Y.

**Start Time:** 10:00 a.m. = 10K: 9:00 a.m. = 1 mile

**Entry Fee:**

1 Mile Fun Run = \$2.00 on race day.

10K = Pre-registration \$15.00, postmarked by *April 16*.

10K = Race Day \$18.00, Registration 8:30 a.m. to 9:40 a.m.

10K Registration includes t-shirt guaranteed to first 50 entrants.



**6th Annual 4-24-10**

**\*\*\*NEW THIS YEAR...USATF CERTIFIED 10K COURSE - NY09065JG!\*\*\***

Make checks payable to: **TTCA** and mail to: **TTCA, P.O. Box K, Breesport, N.Y. 14816**

All proceeds support Twin Tiers Christian Academy.

**10K Course:** A scenic rural course with a challenging hill at about 2 ½ miles ... downhill / flat to the finish.

**10K Awards:** Trophies for 1<sup>st</sup> place in each Division. Medals to 2<sup>nd</sup> and 3<sup>rd</sup> place in each Division.  
Divisions: Men and Women's = 18 and under: 19-29: 30-39: 40-49: 50-59: 60 and over.

**1 Mile Fun Run:** Finisher's ribbon to all participants.

**Directions:** From Ithaca – take Rt. 13 to Rte 223 (Mobil Sta.) turn left, 3 miles ahead on right.  
From Elmira – take Rt. 17/I-86 to exit 54, continue to 2<sup>nd</sup> light, and turn right on Rt. 223, 3 miles ahead on right.

For more information: E-Mail: [cshaw@twintierschristianacademy.org](mailto:cshaw@twintierschristianacademy.org) or phone (607) 739-3619.

**Afterwards, join us for refreshments and awards inside at TTCA.**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ 10K \_\_\_\_\_ Fun Run \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Waiver – In consideration of this entry being accepted, I intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive, release, and forever discharge any or all rights and claims for damages which hereafter accrue to me against Fly With Eagles 10K & 1 Mile Fun Run and Twin Tiers Christian Academy, their members, officers, directors or agents, representatives, successors and assigns, for any damage which may be incurred by me in connection with my association with, of entry in or returning from said run, to be held at Twin Tiers Christian Academy for the Fly With Eagles 10K.

Participant's Signature: \_\_\_\_\_

Parent's Signature (if under 18 yrs.) \_\_\_\_\_

