



JOHNNY'S

20th Annual Run Like Hell 5k

**On Line
Registration
Available at:
runsignup.com**

Long Sleeve
Halloween Theme T-shirts
to first 350 entered

Saturday, October 21, 2017 3pm Start

5k Course is
certified by USATF
NY09900KL



Jim Dalberth's
925 Genesee St.



**Bowers
Communications**



CASA of Rochester/Monroe County
CASAs a private, nonprofit organization whose mission is to train and supervise a diverse group of volunteers to advocate for children who have been abused and/or neglected
CASA is the charity beneficiary for 2017 Johnny's Run Like Hell



Early number/shirt pick-up at Johnny's 1382 Culver Road Wednesday and Thursday
(October 18 and 19) from 3pm until 9pm. Friday, October 20 from noon until 9pm.
Late (\$30) registration will be accepted during the times listed above.
Race day (\$35) registration, in person) from noon until 2:45pm at Johnny's

Send mail registration to: Race Director 132 Winteroth St. 14609 by October 17.
Make check to "Race Director"

Questions call 473-8337 or email willopus@aol.com

LAST NAME

FIRST NAME

ADDRESS

CITY

STATE

ZIP

EMAIL

Early - on line
or by mail by
October 19 \$25

Late - at Johnny's
3pm-9pm Oct.20 and 21, \$30
noon-9pm Oct22

Late - on line by 6pm
October 21 \$30

Race day - at Johnny's
noon until 2:45 pm \$35

Optional donation to C.A.S.A. \$ ____

M/F

AGE

SHIRT SIZE S M L XL XXL

Total \$ ____

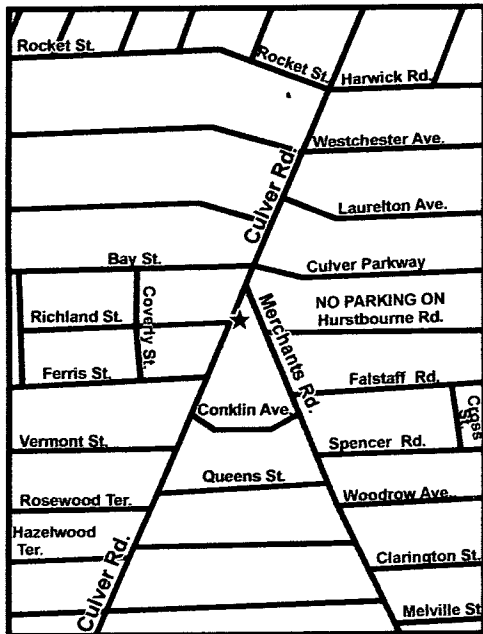
I know that running a road race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of weather, traffic, and conditions of the road. All such risks being known and understood 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 CATS Athletic Club, William Kehoe, Willopus T-Shirts, sponsors and agencies and municipalities, their representatives, and successors from all claims or liability of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. Participants under the age of 18 must have this form signed by their parent or guardian.

Signature

Parent Signature

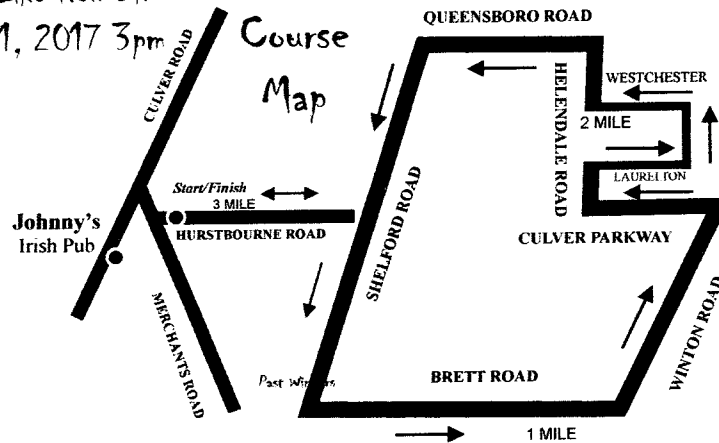
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20th Annual Run Like Hell 5k
Saturday, October 21, 2017 3pm



Area Map (Johnny's marked by STAR)
Parking is available on side streets
DO NOT PARK

1. On Hurstbourne Road
2. The Frontier Telephone lot on Hurstbourne Road
3. The Rite Aid on Culliver Road
4. The Morning Star Restaurant on Merchants Road.



- 1998 Dave Koutillier 15:54 Renee Rombaut 18:14
- 1999 Jason Krass 16:47 Renee Rombaut 17:51
- 2000 Tom Apperheimer 16:26 Linda Grossmar 17:21
- 2001 Steve Owens 16:05 Gretcher Welch 28:30
- 2002 David McCullam 15:19 Gretcher Welch 17:55
- 2003 Duncar Douglas 15:47 Heather Webster 18:10
- 2004 Jur Beck 15:39 Allison Carr 17:39
- 2005 Andy Wigton 15:25 Sarah Nazarian 18:42
- 2006 Stephen Hine 16:21 Dara Woody 20:15
- 2007 Todd Smith 16:35 Michelle Weiler 19:23
- 2008 Ryan Pauling 15:40 Jerrie Dorofio 18:37
- 2009 Ryan Pauling 15:49 Jerrie Dorofio 18:50
- 2010 Marcus Gage 16:56 Neerie Wille 19:24
- 2011 Ross Hurkovic 16:26 Jerrie Harsor 18:32
- 2012 Jordan Mourer 16:31 Danielle Hurt 18:52
- 2013 Derrick Jones 16:48 Kathleen Hayden 19:54
- 2014 Eric Boyce 17:09 Jerrie Harsor 19:06
- 2015 Mark Streb 16:56 Eileen reichardt 19:45
- 2016 Kip Tisio 16:19 Jelena Markovic 22:07

Six Pack Rules

- 1) All participants must be registered
- 2) There will be six runners in each six pack with an optional "floater" who runs along side to substitute for a runner who drops out for any reason.
- 3) Each runner in the six pack must be connected to the rest of the group by any material the group deems appropriate. Light weight ribbon or string will suffice, but imagination is encouraged. Runners should be separated by a distance of four to six feet. Configuration can be six in a row, two by three or three by two. Six across is not allowed (for safety reasons- it will block the width of the street!)
- 4) The six pack must remain connected for the entire race distance.
- 5) All six packs must start in the back if at the designated six pack starting line.
- 6) All members of the six pack must go through the finish area. The first person crossing the finish line determines the time for all members of a six pack.
- 7) Medals will be given to the first six pack to finish. Medals will be given to the best costumes theme for six packs.
- 8) Any six (or seven) registrants may participate as a six pack team.

Awards

- First place N/F overall: \$100 gift certificate from Jim Dalberth's, Casa larga wine and medal.
- Second M/F overall \$50 gift certificate from Rochester Running Co., Casa Larga wine and medal.
- Third M/F overall \$25 gift certificate from Rochester Running Co., Casa Larga wine and medal.
- Age Group first place Casa Larga wine (if over 20) and medal.
- Age Groups second and third place medal
- Top individual costumes medal
- Fastest six-pack team.
- Best sixpack costumes.

\$25 Registration

Early registration on-line or delivered by Tuesday, October 17 \$25

\$30 at Johnny's

Wednesday, Thursday, and Friday October 18, 19 and 20 between 3 and 9pm. Packet pick-up also available at Johnny's. Registration on line until 6pm Friday 10/20

\$35 at Johnny's

on race day. Saturday October 21 from noon until 2:45