

# The 34<sup>th</sup> Annual Dick Bessel Independence Day Run



Grand Island, New York

Saturday, July 4<sup>th</sup>, 2009

Kids Race: 9:00 AM

2.3 Mile Race / Walk: 9:15 am

Event Sanctioned by USATF

Course Certified to be accurate by USATF



Race Consultant: Richard Bessel

Recreation Director: Linda Tufillaro

Race Registration, Finish line and Timing: Score This!!!

On-line registration available: go to [score-this.com/registerthis.html](http://score-this.com/registerthis.html)



register with



## Awards - No duplication:

### Run 2.3 Miles

Overall Male / Female

Top Masters Male/Female (40 & over)

Top Juniors Male/Female (19 & under)

Top 3 in each Age Group:

9 & under, 10-12, 13-14, 15-19, 20-24, 25-29, 30-34,  
35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69,  
70-74, 75 & over

### Race Walk 2.3 Miles

Overall Male / Female

Top 3 Male/Female Divisions

Competitive race walk rules apply:

- 1) The walker must not lose contact with the ground that can be seen by the human eye.
- 2) The supporting leg must be straight from the moment of impact until the leg passes under the body

Awards will be at the Finish Line at 10:30 AM.



This is a **ChampionChip** timed race. You will be issued a timing chip at registration / packet pickup on the morning of the race. This chip must be returned. Volunteers will be at the Finish Line to collect the ChampionChip. Failure to return the ChampionChip will result in a \$35.00 charge.

**Race and results conducted by the Grand Island  
Recreation Department & Score This!!!**

# Other Information

Finish Line refreshments provided by:



Record Holders:

**Open:**

Jim Dunlop (10:16.7)  
Nancy Mieszczak (12:14.8)

**Juniors:**

Joe Dunlop (10:25)  
Marjorie Bessel (12:22.2)

**Masters:**

Bob Carroll (11:03)  
Margarita Ekiss (13:18)

**Race Walk:**

Allen James (15:26)  
Cheryl Rellinger (18:40)

## ENTRY FORM

\*\*\* No rollerblades, bikes, animals, or strollers\*\*\*  
NO TELEPHONE ENTRIES.

**Entry fees (USA Funds only):**

- \_\_\_ \$15.00 2.3 mile race (running or walking)
- \_\_\_ \$ 7.00 Kids Race (314 meters)
- \_\_\_ \$25.00 day of race\* accepted until 8:15 a.m.

Pre-registration applications must be received by 7/2/09

\* Results for day of race entrants may not be available for awards ceremony

**Mail entry form with checks made payable to:**

Score This!!!, Inc.  
15 Ranch Trail Ct.  
Orchard Park, New York 14127

Check one:

Kids Race 4–9 years only (314 meters)  
Adult Small T's to all Kids

2.3 Mile  Race Runner  Race Walker

2.3 Mile race Adult T-Shirt Sizes: **Circle One** S M L XL XXL

Last Name

First Name

M.I.

Number and Street

City / Town

State / Prov

Zip / Postal Code

Sex

Age

Area Code/Phone

Date of Birth

RACE USE ONLY

**Independence Day Road Race WAIVER:**

I acknowledge that running/walking is a potentially hazardous activity and I assume all risks associated with running/walking in this event including, but not limited to: falls, contact with other participants, the conditions of the course, all such risks being known and appreciated by me. In consideration of your accepting my entry, I, for myself and anyone who asserts a claim on my behalf, hereby waive and release any and all rights and claims for damages and causes for suits or action, known and unknown, that I may have against the Town of Grand Island, the Town of Grand Island Department of Recreation, and any and all participating supporters and sponsors and the directors, officers, employees, volunteers and agents of such parties ("Releasees"), for any injuries or losses arising from or related to my participating in this event, even though that liability may arise out of negligence or carelessness on the part of the persons and entities named in this waiver. I further agree to indemnify and hold harmless the Releasees against any such claim that I, or anyone on my behalf, may have or assert and against any cost including attorney's fees with respect thereto. I grant permission to all the foregoing to use any name, likeness, and identity in any photographs, motion pictures, recordings, or any other record of this event in perpetuity, throughout the world, in any media now known or developed later for any legitimate purpose.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian if under 18 \_\_\_\_\_

# RACE ROUTE & LOCATIONS

