

Course

The KAC Run is a challenging 10K and 5K all road course that loops through the charming village of Clinton, NY. The 5K course is USTAF certified. In addition, the Utica Roadrunner's Club distinguishes the 10K race as a Grand Prix Racing Event.

North Star Orchards Youth Fun Runs

The North Star Orchards Youth Fun Runs are held at the Clinton Schools soccer field at 2:00 PM. Participants (ages 4 - 10) run a short distance and receive participant ribbons, as well as ribbons for placing 1st, 2nd, 3rd and 4th. T-shirts are available to the first 100 kids who register at the Clinton Schools soccer field at 1:30 PM. There is no entry fee but donations are appreciated.

One Mile Race

The cost for this event is \$5 for the race only and \$10 for the race and a T-shirt. Prizes are awarded for 1st/2nd/3rd overall male and female. T-shirt size is not guaranteed after May 22 and distributed while supplies last on race day.

Starting Times

| | |
|----------------|---------|
| Youth Fun Runs | 2:00 PM |
| 1 Mile Race | 3:00 PM |
| 5K Run | 3:45 PM |
| 10K Run | 3:45 PM |
| 5K Fun Walk | 3:45 PM |

Pre-Registration -- \$18.00

Students 18 & under -- \$15.00

Must be postmarked by May 22*

You can also register in person at the **Kirkland Art Center**, East Park Row, Clinton, NY.

***T-shirt size not guaranteed after May 22**

Registration after 5/22 -- \$22.00

Students 18 & under -- \$18.00

Race day entries will be accepted at the **Kirkland Art Center** from **8 AM-3 PM**.

***T-shirt while supplies last.**

Number & Packet Pickup

Pre-registered runners can pick up materials from **8 AM-3:30 PM** at the Kirkland Art Center on race day.

T-shirts

Pre-registered runners/walkers will receive a 2009 KAC Run & Walk T-shirt. Shirt sizes are small, medium, large and x-large. T-shirt sizes are not guaranteed after May 22 and will be distributed while supplies last on race day.

Hospitality/Dressing Facilities

Please note that limited dressing facilities are available at the Kirkland Art Center. No showers are available. All registered participants are invited to the hospitality tent for refreshments after their event.

Race Regulations

Race and walk regulations prohibit the use of the following by participants in timed events: baby strollers/joggers or similar wheeled devices, in addition to headphones, roller blades, roller skates and bicycles. Please leave pets at home on race day.

Team Categories for 5K & 10K Runs

Open Team Category: Four member co-ed minimum and eight member maximum.

Family Team Category: Three member minimum and eight member maximum.

Prizes are awarded to the top three teams with the fastest accumulative time for the top three finishers per team.

Awards

5K Run: 1st/2nd/3rd in five year increments for male/female. Overall Male & Female. 1st Clintonian Male & Female. 1st Clintonian Master (40+) Male & Female

10K: 1st/2nd/3rd in ten year increments for male/female. Overall Male & Female. 1st Clintonian Male & Female. 1st Clintonian Master (40+) Male & Female

5K Fun Walk: 1st/2nd/3rd overall male & female

Awards Ceremony

1 Mile Race: Immediately after at the course.

5K Run & Fun Walk: Approx. 6:30 PM at the Village Green.

10K: Approx. 7:30 PM at the Village Green.

Please note that awards will be announced once computerized results are generated.

Race Results

Race results are posted at the Kirkland Art Center on race day. All race results are submitted to the Observer-Dispatch and Clinton Courier for use at their discretion. Complete results will be posted at www.kirklandartcenter.org.

Course Maps

Course maps will be included in the race program which is provided during packet pickup or can be located on the web at www.usatf.org/routes/search or at www.kirklandartcenter.org. Course maps are also posted on race day at the Kirkland Art Center. Please familiarize yourself with the courses -- **the KAC is not responsible for runners or walkers who complete the wrong course.**

Parking

Please park in the Clinton Schools parking lots on Elm Street. Parking is restricted on certain roads on race day for the safety of our runners and walkers.

Directions

From Utica: Take the arterial (rts 5/8/12) south to Route 12B into the village of Clinton.

From the NYS Thruway: Exit 32, Westmoreland. Take Route 233 South, 5 miles to Clinton.

Application Mailing Address

Please mail the completed entry form and all entry fees to Kirkland Art Center, PO Box 213, Clinton, NY 13323.

Make check payable to: Kirkland Art Center

For more information please call (315) 853-8871 or e-mail kacinc@centralny.twcbc.com.

Entry Form #

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|--|--|--|--|

I am a resident of Clinton

Last Name

First Name

MI

Address

City

State

Zip Code

Age

Gender

Telephone Number

S M L XL

T-Shirt Size

Team Name

on Team

Event:

10K Run 5K Run 5K Walk 1 Mile

Individual Open Team Family Team

Visa/Mastercard Number

Expiration Date:_____ Check Enclosed

Additional donation for KAC \$_____

Waiver: In consideration of the acceptance of this application by the Kirkland Art Center, I the undersigned, intending to be legally bound and hereby, for myself, my heirs, executors, administrators, and assign, waive and release all rights and claims for damages I may have against the Kirkland Art Center, race organizers, race sponsors, village of Clinton, the town of Kirkland, Clinton Central Schools, and their representatives and successors of any or all injuries suffered by me in the race to be held in the village of Clinton in the Town of Kirkland on May 30, 2009. I verify that I am physically fit, and have trained sufficiently for the completion of this race. I also grant permission for use of photographs of myself to be used for promotional use.

SIGNATURE REQUIRED

(Parent/Guardian if under 18)

The Kirkland Art Center

For 49 years, the Kirkland Art Center has been serving the Mohawk Valley with a unique, community based multi-arts organization for adults and children to practice and appreciate the arts and much more.

The KAC's serious commitment to cultivate, promote and encourage art is achieved through high quality classes and workshops, exhibitions, Coffeehouse Series, Added Attractions series and KAC for Kids & Families performances.

It is said that running changes people's lives. This statement has never been more true than for this special event. Proceeds from the 31st Annual KAC Run & Walk will be used to continue our mission to provide quality multi-cultural opportunities to people of all ages in the Mohawk Valley. **Any additional donations are appreciated!**

official sponsors:



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NORTH STAR ORCHARDS
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Kirkland Art Center
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presents



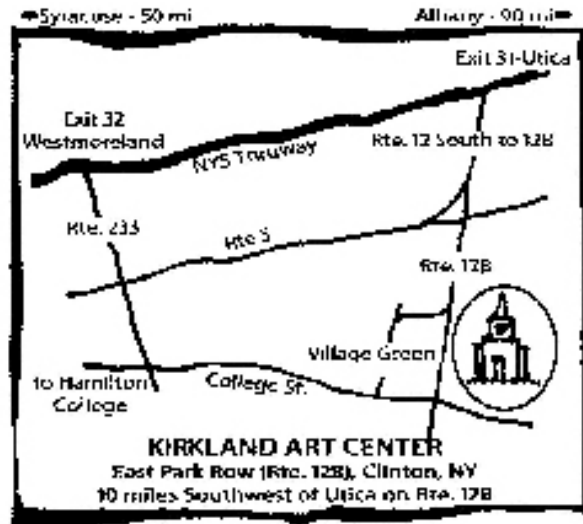
May 30, 2009
Clinton, New York



10K & 5K runs,
5K fun walk,
1 mile run &
kids fun runs

(USTAF Course Certification #NY86004WN)

www.kirklandartcenter.org



The Kirkland Art Center
315 853 8871
www.kirklandartcenter.org

Non-Profit Organization
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