



Seniors Running and Walking Festival – General Information

Sponsored by Excellus BCBS and Good Shepherd Communities

Registration: <http://www.gobroomecounty.com/senior/healthed>

Race Date: August 15

Event schedule

7:15 registration opens

8:30 – 1 mile running and walking race

9:00 - 5K (3.1 miles) running and walking race

10:30 – 2K (1.2 miles) wheelchair race – manual and pushed

Location

Coal House at Vestal Rail Trail, Stage Road, Vestal, NY

Participants

Anyone 55 years or older on day of race

All abilities welcome – competitive runners have the opportunity to race with their peers while first time runners and walkers are welcome to participate and enjoy the social and physical benefits of completing 1 mile or 5K (3.1 miles).

Wheelchairs welcome too!

Course

All races held on the Vestal Rail Trail, out and back course – flat and fast!

Certified 5K (USATF Certification: NY14087JG)

Certified 1 mile (Certification pending)

2K (1.2 miles) wheelchair - carefully measured

Walking race

1 mile and 5K walking race to be held concurrently with the running race.

Walkers are not allowed to break into a run at any point in the race, or they will be disqualified

Walkers will receive awards – same as runners (see awards section)

Wheelchair race

Wheelchairs will need to be on the start line no later than 10:15AM to allow time to line up – faster participants should line up in front

Participants should provide estimated time of completing 2K (1.2 miles) when they register.

Chairs must be either manual or pushed. If you have a powered chair, the power must be turned off and then the chair can be pushed.

For pushed chairs, the race participant must be 55 years or higher but the person pushing the chair can be under 55.

Wheelchair participants should arrange for their own transportation. BC Lift may be an option for you. If you are not already registered, you may do so here:

<http://www.ridebc transit.com/transit/bc-lift-ada-home>

Awards

1 mile and 5K races will each have awards divisions for both runners and walkers
Top 3 finishers – male and female
Age group awards, male and female: 55-59, 60-64, 65-69, 70-74, 75-80, 80+
Wheelchair awards for manual & pushed - award categories to be announced.
Special award for anyone who completes their first 5K
No duplication of awards within a race (eg. top finishers do not also get age group)
If you participate in both 1 mile and 5K, you are eligible for an award in each race

Amenities

T-shirts for all preregistered participants. Preregistration will close August 8th. Afterwards, T-shirts will be available while supplies last.
Mementos for all finishers
Post-race celebration with refreshments

Training program

June 8 through August 10, Mondays and Fridays, 6:00 PM
Free with race registration
All abilities welcome - runners, walkers or wheelchairs
Location: Coal House at Vestal Rail Trail, Stage Road, Vestal, NY
Light refreshments provided after each training session
Includes 'Couch to 5K' program plus fun training events for all
Volunteers from Triple Cities Runners Club will be present to advise and support you
Training sessions are optional – you do not need to attend training to participate in the races

Parking

Handicap parking at the west end of the Vestal Rail Trail.
Other parking available along Stage Road and nearby lots. Volunteers will direct you.

Sponsors and Organizers

Excellus BCBS - <https://www.excellusbcbs.com/>
Good Shepherd Communities - <http://www.gsfhome.com/>
Broome County Office For Aging (OFA) - <http://www.gobroomecounty.com/senior/>
Vestal Coal House - <https://www.facebook.com/VestalCoalHouse>
Action for Older Persons (AOP) - <http://actionforolderpersons.org/>
Triple Cities Runners Club (TCRC) - <http://triplecitiesrunnersclub.org/>

Results

All results posted at the Coal House shortly after each race
Chip timing by Triple Cities Runners Club for 1 mile and 5K events
All results posted on TCRC, OFA web sites, and on Vestal Coal House Facebook page

Questions?

Send an e-mail to vestalcoalhouse@stny.rr.com or leave a phone message at 607-760-8431