

# ST. PATRICK'S DAY DASH

Saturday, March 13, 2010  
Jamestown, New York



3 LUCKY MILES  
DASH & WALK



CHAUTAUQUA  
STRIDERS



- Date & Time: Saturday, March 13, 2010
- 3 Mile Dash and Walk (\$20.00 Pre Registered) at 9:15 a.m.  
Late Registration/Check-in: 7:30 a.m. to 8:30 a.m. (\$25.00 per entry with no guarantee of t-shirt)  
Food & refreshments (in the Jamestown Saving Bank Ice Arena) following the 3 Lucky Miles.
- Start & Finish: Jamestown Savings Bank Ice Arena, 319 West Third Street, Jamestown, NY 14701
- Distance: 3 Lucky Miles
- Course: The 3 Mile course is pending 2010 USATF certification
- Age/Categories Male and Female  
3 Mile Dash: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over.  
3 Mile Walk: Open to walkers of all ages
- Awards: Given proportionally in each division (*no duplication of awards*)  
3 Mile Dash & Walk awards to first three male and female overall finishers  
3 Mile Dash awards to first three male and female finishers in each age group
- Registration: Pre-entries close Tuesday, March 9th, 2010 (to ensure t-shirt & proper size, please pre-register)  
Day of Dash registration from 7:30 a.m. to 8:30 a.m. on race day at Jamestown Savings Bank Ice Arena.
- Entry Fee: 3 Mile Dash: \$20.00  
3 Mile Walk: \$20.00  
All late entry registrations received after March 9, 2010 are \$25.00
- Custom Long Sleeve T-Shirt guaranteed to all pre-registered dashers or walkers*
- Please make check or money order payable to: Chautauqua Striders, Inc.
- Send Entries to: Chautauqua Striders, 101 East Fourth Street, Jamestown, NY 14701

Chautauqua Striders

2010

Runner of the Year

The St. Patrick's Day Dash will be the first race in the 2010 Chautauqua Striders' Runner of the Year Program. Ten area races have been selected with points awarded to runners for their overall finish as well as age group results.

Additional Runner of the Year information (races and results) will be available at [www.chautauqua-striders.org](http://www.chautauqua-striders.org).

