



Saturday, March 14, 2020
9:30 AM Start 5 Mile

Blue Cross Arena
Rochester, NY, 14620

Packet pickup will be at Rochester Running Co on 3/11, 3/12, and 3/13 from 12 to 7 pm. Race day packet pickup will be at Blue Cross Arena from 7 am to 9:15 am.

Send mail registration to:

Rochester Running Co
1387 Mt Hope Avenue
Rochester NY, 14620

Make check payable to "Rochester Running Company"

OR drop off at Rochester Running Company

Last Name

First Name

Shirt Size: S M L XL XXL

Email Address

Address

City

State

Zip Code

M/F

Date of Birth

Y / N
YMCA Member?

Cost:

Before March 14 - \$30

Race Day - \$35