



RIVER CHALLENGE:

(RUN, BIKE, RUN OR RUN, BIKE, PADDLE)

Saturday April 28 • Start time: 7:30am

Genesee Waterways

Genesee Waterways Center/Genesee Valley Ice Arena
Elmwood Ave, Rochester, NY

RIVER CHALLENGE DUATHLON:

5K RUN, 20 MILE BIKE, 5K RUN • TEAMS ARE WELCOME

RIVER CHALLENGE PADDLE TRIATHLON:

5K RUN, 20 MILE BIKE, 3 MILE PADDLE • TEAMS ARE WELCOME

- Use a Kayak and Canoe (Triathlon Relay Only)
- Kayak and Canoe rentals are available (or you can use your own). For more information visit FlowerCityChallenge.com
- Kayak only in the Solo Triathlon

THE DOUBLE

SOLO DU OR TRI ON SATURDAY AND HALF MARATHON SUNDAY

If you're really hearty, sign up for the **THE DOUBLE!** Compete in the River Challenge Solo Duathlon or Triathlon on Saturday then the Flower City Half Marathon on Sunday! Special DOUBLE Rates Apply!

SOLO FEES

REGISTER BY	1/22 2012	1/23/12 -3/31/12	4/01/12 -4/27/12	4/28/12 -4/29/12
RIVER CHALLENGE DU*	\$50	\$55	\$65	No DAY OF
RIVER CHALLENGE TRI*-KAYAK	\$50	\$55	\$65	No DAY OF
THE DOUBLE*-SOLO DU+HALF	\$80	\$90	\$105	No DAY OF
THE DOUBLE*-SOLO TRI+HALF	\$80	\$90	\$105	No DAY OF

*ADD \$12 PER INDIVIDUAL FOR NON-USAT MEMBERS

REGISTER EARLY!

REGISTER BY MARCH 31: Receive a New Balance Tech Top for the Half Marathon, Duathlon or Triathlon (tech tops are in Men's and Women's sizing, so size accordingly).

REGISTER AFTER MARCH 31: Receive a cotton tee for the Half Marathon, Duathlon or Triathlon.

Participants for the Wegmans Family 5K receive a cotton tee.



OUR COURSE IS CERTIFIED TO BE ACCURATE BY USATF



UNITY HEALTH SYSTEM

ROCHESTER FLOWER CITY HALF MARATHON & WEGMANS FAMILY 5K:

Sunday April 29

Start times: 7:30am Half Marathon,

7:45am Family 5K

War Memorial

1 War Memorial Sq, Rochester, NY 14614-2191

USATF Certified courses take you through city streets, historic areas and scenic neighborhoods of Rochester, NY.

FLOWER CITY HALF & 5K FEES

REGISTER BY	1/22 2012	1/23/12 -3/31/12	4/01/12 -4/27/12	4/28/12 -4/29/12
FLOWER CITY HALF	\$50	\$55	\$65	\$70
WEGMANS FAMILY 5K	\$17	\$18	\$20	\$25

REGISTER EARLY!

REGISTER BY MARCH 31: Receive a New Balance Tech Top for the Half Marathon, Duathlon or Triathlon (tech tops are in Mens and Women's sizing, so size accordingly).

REGISTER AFTER MARCH 31: Receive a cotton tee for the Half Marathon, Duathlon or Triathlon.

Participants for the Wegmans Family 5K receive a cotton tee.

Unity Health System



Half Marathon • 5K • Duathlon • Triathlon
Presented by
City of Rochester

Visit:

FlowerCityChallenge.com
for more information!



City of Rochester, NY
Thomas S. Richards, Mayor
Rochester City Council

Unity Health System



Half Marathon • 5K • Duathlon • Triathlon

Presented by
City of Rochester

Visit:

FlowerCityChallenge.com
for more information!



ALL RACES
PRODUCED BY:
YELLOWJACKET
Racing

2 DAYS > 4 RACES
YOU PICK!

Unity Health System



Half Marathon • 5K • Duathlon • Triathlon

Presented by
City of Rochester

RIVER CHALLENGE DUATHLON OR TRIATHLON:

(RUN, BIKE, RUN OR RUN, BIKE, PADDLE)

Saturday April 28, 7:30am

Genesee Waterways

UNITY HEALTH SYSTEM ROCHESTER FLOWER CITY HALF MARATHON & WEGMANS FAMILY 5K:

Sunday, April 29, 7:30am

War Memorial

Visit: FlowerCityChallenge.com
for more information!

SPONSORED BY:



City of Rochester, NY
Thomas S. Richards, Mayor
Rochester City Council

REGISTRATION:

SOLO PARTICIPANTS & TEAM CAPTAINS REGISTER HERE

CIRCLE YOUR RACE BELOW

REGISTER BY	1/22 2012	1/23/12 -3/31/12	4/01/12 -4/27/12	4/28/12 -4/29/12
FLOWER CITY HALF	\$50	\$55	\$65	\$70
WEGMANS FAMILY 5K	\$17	\$18	\$20	\$25
RIVER CHALLENGE DU*	\$50	\$55	\$65	No Day Of
RIVER CHALLENGE TRI*-KAYAK	\$50	\$55	\$65	No Day Of
THE DOUBLE*-SOLO DU+HALF	\$80	\$90	\$105	No Day Of
THE DOUBLE*-SOLO TRI+HALF	\$80	\$90	\$105	No Day Of
*ADD \$12 PER INDIVIDUAL FOR NON-USAT MEMBERS				

Make **NON-REFUNDABLE** check(s) payable to: Yellowjacket Racing. Mail form and entry fee to: Fleet Feet Sports, Attn: Flower City Challenge, 2210 Monroe Ave., Rochester, NY 14618

Team Packet Pickup is at Brighton location only.

NAME/TEAM CAPTAIN: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-Mail: _____

Shirt Size: S M L XL XXL (circle one)

Gender: M F (circle one) Age on Race Day: _____

Birth date: _____ USAT #: _____
(if applicable)

NEW! Packet Pickup at TWO locations! YOU PICK which is convenient (Team packet pickup is at Brighton location only)!

Fleet Feet Sports Brighton: 2210 Monroe Ave

Fleet Feet Sports Ridgeway: 2522 Ridgeway Ave

MANDATORY WAIVER (SIGNATURE REQUIRED)

NO HEADSETS, BABY STROLLERS, OR DOGS ALLOWED IN RACE. I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by the decision of the race officials relative to my ability to safely complete the event. I assume all risks associated with running/walking this event including, but not limited to, falls, contact with other runners, the effects of the weather, including high heat and/or humidity and the conditions of the course, all such risks being known and appreciated by me. I grant permission to the organizing groups to use any photograph, motion pictures, or recordings of my taking part in this event for any legitimate purpose. Having read this waiver acknowledging these facts and in consideration of you accepting my entry, I for myself, and everyone entitled to act on my behalf, waive and release YELLOWJACKET RACING, Volunteers, the City of Rochester and any and all race sponsors from any claims or liabilities of any kind arising out of my participation in this event. I understand that all entry fees are nonrefundable. I have read this waiver and certify my compliance and agreement with its content with my signature. If I am required to return the timing chip and fail to do so I will be charged \$110.00.

Signature: _____

If under 18, Parent/Guardian: _____

REGISTRATION:

TEAM MEMBERS REGISTER HERE

CIRCLE YOUR RACE BELOW

REGISTER BY	1/22 2012	1/23/12 -3/31/12	4/01/12 -4/27/12	4/28 2012
RIVER CHALLENGE DU TEAM* (2 PERSON)	\$70	\$75	\$80	No Day Of
RIVER CHALLENGE TRI TEAM* - KAYAK (2-3 PERSON)	\$95	\$105	\$120	No Day Of
RIVER CHALLENGE TRI TEAM* - CANOE (2-4 PERSON)	\$105	\$115	\$130	No Day Of
*ADD \$12 PER INDIVIDUAL FOR NON-USAT MEMBERS				

Make **NON-REFUNDABLE** check(s) payable to: Yellowjacket Racing. Mail form and entry fee to: Fleet Feet Sports, Attn: Flower City Challenge, 2210 Monroe Ave., Rochester, NY 14618

Team Packet Pickup is at Brighton location only.

Team Name: _____

NAME: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-Mail: _____

Shirt Size: S M L XL XXL (circle one)

Gender: M F (circle one) Age on Race Day: _____

Birth date: _____ USAT #: _____
(if applicable)

NAME: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-Mail: _____

Shirt Size: S M L XL XXL (circle one)

Gender: M F (circle one) Age on Race Day: _____

Birth date: _____ USAT #: _____
(if applicable)

NAME: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-Mail: _____

Shirt Size: S M L XL XXL (circle one)

Gender: M F (circle one) Age on Race Day: _____

Birth date: _____ USAT #: _____
(if applicable)

PACKET PICKUP:

RIVER CHALLENGE DUATHLON & RIVER CHALLENGE PADDLE TRIATHLON:

PACKET PICKUP/LAST MINUTE REGISTRATION

Monday, April 23 to Friday, April 27
10am — 7pm

NEW! Packet Pickup at TWO locations! YOU PICK which is convenient (Team packet pickup is at Brighton location only)! Check packet pickup box on Registration panel (if choice is not noted packet pickup will default to Brighton location).

RACE TIP: Go to packet pickup (don't wait until race day to get your packet or to register).

RACE TIP: For the River Challenge Duathlon and Paddle Triathlon you MUST bring photo ID and/or USAT Card to get your packet. Sorry but we can not allow participants to race due to insurance requirements without these document(s). In addition, only the participant can get their packet.

UNITY HEALTH SYSTEM ROCHESTER FLOWER CITY HALF MARATHON & WEGMANS FAMILY 5K:

PACKET PICKUP/LAST MINUTE REGISTRATION

Monday, April 23 to Friday, April 27
10am — 7pm
or Saturday, April 28
9am — 5pm

NEW! Packet Pickup at TWO locations! YOU PICK which is convenient (Team packet pickup is at Brighton location only)! Check packet pickup box on Registration panel (if choice is not noted packet pickup will default to Brighton location).

DAY OF PACKET PICKUP/REGISTRATION

Sunday, April 29, War Memorial
1 War Memorial Sq, Rochester, NY 14614-2191

RACE TIP: Go to packet pickup (don't wait until race day to get your packet or to register).

RELAY INFO:

MAKE A RELAY TEAM FOR THE RIVER CHALLENGE DUATHLON OR PADDLE TRIATHLON!

RIVER CHALLENGE DUATHLON:

RELAY TEAM CONSISTS OF:
ONE RUNNER AND ONE BIKER

RIVER CHALLENGE CANOE TRIATHLON:

RELAY TEAM CONSISTS OF:
ONE RUNNER, ONE BIKER, TWO CANOEISTS
(THE CANOE TRI RELAY CAN HAVE 2 TO 4 TEAM MEMBERS)

RIVER CHALLENGE KAYAK TRIATHLON:

RELAY TEAM CONSISTS OF:
ONE RUNNER, ONE BIKER, ONE KAYAKER
(THE KAYAK TRI RELAY CAN HAVE 2 TO 3 TEAM MEMBERS)

RELAY RACE FEES

REGISTER BY	1/22 2012	1/23/12 -3/31/12	4/01/12 -4/27/12	4/28 2012
RIVER CHALLENGE DU TEAM* (2 PERSON)	\$70	\$75	\$80	No Day Of
RIVER CHALLENGE TRI TEAM* - KAYAK (2-3 PERSON)	\$95	\$105	\$120	No Day Of
RIVER CHALLENGE TRI TEAM* - CANOE (2-4 PERSON)	\$105	\$115	\$130	No Day Of
*ADD \$12 PER INDIVIDUAL FOR NON-USAT MEMBERS				

RACE TIP: All participants of the River Challenge Duathlon or Paddle Triathlon must be either a member of USAT or purchase a one day membership for \$10 at usatriathlon.org.

Follow us on [facebook](#)

Visit FlowerCityChallenge.com for
Course Information & Race Updates!