



directions to seneca park:

From the East – take 104 West, get off at the Seneca/Clinton exit, take a right on Seneca Ave. The first light will be Ridge Road East, take a left at the light. Continue straight until Ridge Road ends at St. Paul Street. Turn right on St. Paul, park entrance will be 1.5 miles north on your left hand side.

From West – take Ridge Road West to 104 East, get off at the St. Paul Street North exit, follow north about ½ mile, park entrance will be on your left hand side.

parking:

Lower Seneca Park

- Absolutely NO cars permitted **after** 8:15am
- Absolutely NO cars permitted to **leave** until after 9:30am

Zoo Parking

- No restriction on arrival or departure time.
- Shuttles are available to lower Seneca Park from 7:45 to 8:15am

Rally 'round Recycling and help Seneca Park Zoo



Bring your cell phones and ink cartridges to Jungle Jog for recycling and help save wildlife habitat. Deposit these items next to the race registration table.

Nonprofit Org.
U.S. Postage
PAID
Rochester, NY
Permit No. 42

2222 St. Paul Street
Rochester, New York 14621-1097



jungle jog 5k



With support from:

Woods Oviatt Gilman

Monroe County's Seneca Park Zoo

July 15, 2007



Sponsored by



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jungle jog 5k



events <small>Start Time</small>	8:30am 5k Jungle Jog 9:30am Seneca Park Mile SEE IMPORTANT PARKING RESTRICTIONS BELOW 10:00am Kids' Fun Run 10:15am Awards Ceremony at Wegmans Lodge	Bring your wornout sneakers* to Jungle Jog and help support recycling with Nike Reuse-A-Shoe & Monroe County DES. *no shoes, sandals, boots, light up sneakers or shoes w/metal parts
registration	5k Jungle Jog includes T-shirt \$18 In Advance • \$20 Day Before Event (cash, check, credit card) \$22 Day Of Event (cash or check only) Ages: Up to 14, 15-19, 20-24, to 75-79, 80+ years (5yr. age groups) Seneca Park Mile includes T-shirt \$12 • Adults or Kids • Run or Walk Awards only for ages: Up to 8, 9 & 10, 11 & 12 Kids' Fun Run No registration or entry fee Ages: 1-7 years Deadline Mail-in registration must be received by 5:00pm Wednesday, July 11, 2007. Numbers & t-shirts available for pick-up Day Before Event in front of the main entrance to the zoo from 10:00am to 1:00pm AND Day Of Event from 6:45-8:15am in lower Seneca Park. Runner must wear number on front of shirt to have time recorded. DAG System by Paul Richards, PCR Timing Service.	
course <small>(see reverse)</small>	5k Jungle Jog Our course is certified to be accurate by USATF/RRTC #NY97018AM barbell shape. This fun and exciting course runs through Seneca Park and Zoo. Seneca Park Mile Accurate 1-mile course Kids' Fun Run Flat grass course, out and back, approximately 100 yards	
awards <small>(no double dipping)</small>	5k Jungle Jog \$100 presented to first overall male and female finishers. Awards to top three in each age division (male & female). Bonus: \$50 prize to first male and female finishers wearing 2007 M&T Bank Jungle Jog t-shirts. Bonus: \$50 prize for breaking the course record of 15:08 male and 18:20 female. Seneca Park Mile Certificate to each finisher. Awards to top three in each age group (male & female). Race Results Log onto www.pcrtiming.com or www.senecaparkzoo.org Kids' Fun Run Everyone wins an award!	
more info!	PARKING Lower Seneca Park: Absolutely <u>NO</u> cars permitted after 8:15am. Absolutely <u>NO</u> cars permitted to leave until after 9:30am Zoo Parking: No restriction on arrival or departure time. NEW Shuttles available to lower Seneca Park from 7:45am to 8:15am ZOO ADMISSION Free (July 15th only) to runners, volunteers and their families.	
3 ways to register	<p align="center">3 Ways to Register by Wednesday, July 11th: MUST use a separate form for EACH participant.</p> <ol style="list-style-type: none"> Online at www.senecaparkzoo.org. One form per participant please! By mail. Fill out this form and return with payment to Jungle Jog c/o Seneca Park Zoo Society, 2222 St. Paul Street, Rochester, NY 14621-1097 Mail in form must be received by 5pm on Wednesday, July 11 By phone at (585) 336-7200. Also, call this number for more forms. <p>Last Name _____ First Name _____ Gender _____ Age _____ Address _____ City _____ State _____ Zip _____ Day Phone _____ E-Mail Address _____</p> <p>Event: <input type="checkbox"/> 5k Jungle Jog <input type="checkbox"/> Seneca Park Mile (check as many as you want to participate in)</p> <p>Payment: <input type="checkbox"/> Cash <input type="checkbox"/> Check (payable to Seneca Park Zoo Society) Check # _____ <input type="checkbox"/> Credit Card (circle one) MC VISA Discover AMEX Credit Card No. _____ Vin # _____ Exp. Date _____</p> <p>How did you hear about Jungle Jog? <input type="checkbox"/> Ran before <input type="checkbox"/> ZooNooz <input type="checkbox"/> Friend <input type="checkbox"/> Website</p> <p><small>Waiver: I am aware that running is strenuous, physically demanding activity with inherent risks of illness and/or injury. I am medically able, properly trained and physically prepared for this race. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume and accept all risks associated with this running event, including but not limited to falls, humidity, temperature, traffic, road conditions, will all such risks being known and appreciated by me. Having read this waiver, and knowing these facts, and in consideration with your accepting my entry I intend to be legally bound for myself, my heirs, executors and administrators, and anyone else entitled to act on my behalf, waive, release and hold harmless, the Jungle Jog and its related events, the Race Director, the Seneca Park Zoo Society, the City of Rochester, Monroe County, The State of New York and all sponsors, promoters, volunteers, and all contributors, and their representatives and successors, from any and all claims of liability, whether due to negligence or otherwise, arising from illness, injury and/or physical consequences I may suffer as a result of my participation in this race. I further grant permission to any sponsor to use my name and/or picture of my participation in this event, including photographs, videotape, or any other recorded data of this event, for any legitimate purpose without obligation or liability to me. I also understand that the entry fee is non-refundable. I have read the information provided and certify my agreement and compliance by my signature below.</small></p> <p>Signature _____ Print Name _____ Date _____ Parent (if under 18) _____ Date _____</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p align="center">Amount Enclosed</p> <p align="center">\$ _____</p> </div> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p align="center"><small>For Office Use Only</small></p> <p align="center">Credit Card Authorization _____</p> </div>	