

You're Invited Downtown For Manhattan's 2009 Poyntz Avenue Mile

Patterned after New York City's 5th Avenue Mile, this point-to-point race is scheduled at a time and on a course that guarantees fast and competitive races -- in fan-friendly downtown Manhattan, Kansas.

The 2009 race will be run in three sections. The People's Race is open to all runners. The Women's Invitational and the Men's Invitational races will be contested by High School, College and post-collegiate athletes invited to race based upon recent performance.

Poyntz Avenue Mile is organized on behalf of the Manhattan High School Cross Country program. Proceeds from the event will help defray expenses for this large and growing team, and to provide additional racing opportunities.

Registration for the 2009 Poyntz Avenue Mile must be post-marked by May 28.

Race Director:

Susan Melgares

Race Assistants:

Jeff Rosenow & Pat Melgares

Poyntz Avenue Mile
2345 Brockman St.
Manhattan, KS 66502



Manhattan's Fastest Road Race

June 10, 2009

7:30 PM

Poyntz Avenue, 14th to 3rd

People's Race

Women's Invitational

Men's Invitational



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Sarah Blair, REALTOR®
Christian & Associates Real Estate

Poyntz Avenue Mile

Entry Form

Poyntz Avenue Mile Presented by BodyFirst

Event Schedule

Wednesday, June 10, 2009

Race Headquarters: 3rd & Poyntz*

6:00 – 7:00 PM: Check-in & Packet Pick-up

7:30 PM: People's Race

Inaugural Event Sponsored by **AJ's Pizzeria**

7:45 PM: Women's Invitational

Sponsored by **Manhattan Running Company**

Race Record: 5:23 Marley Crusch 2008

8:00 PM: Men's Invitational

Sponsored by **Cary Company, Inc.**

Race Record: 4:20 Kory Cool & Joe Moore 2008

8:15 PM: Awards and Post-Race, 3rd & Poyntz

Event Sponsors:

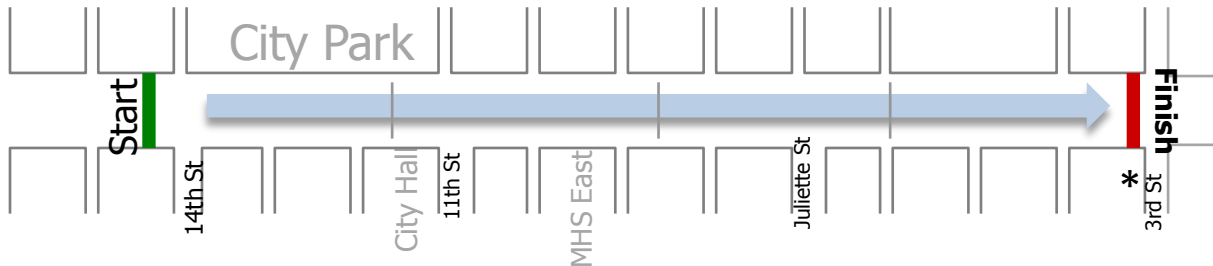


Also Sponsored By:



Sarah Blair, REALTOR®
Christian & Associates Real Estate

Race Course



Entry Fee

\$15 must be postmarked by May 28, 2009
Entry Fee must accompany entry form, and is not refundable.
You may copy this form for additional entries. Make checks payable to: **Manhattan High School Cross Country**

Mail Entries To:
Poyntz Avenue Mile
2345 Brockman St.
Manhattan, KS 66502

(print)

Name _____
Address _____
City _____
State _____ Zip _____
Phone _____
E-Mail _____

Age on Race Day ___ Male ___ Female ___

Shirt Size: Youth L | S | M | L | XL

Mile PR: _____ Year: _____

Expected Time: _____

If under 18, signature of parent or guardian

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, waive any and all of my rights and claims for damages I may have against sponsors, coordinating groups, and any individuals associated with the event, their representatives, successors and assigns for any and all injuries suffered by me in connection with said event. Also, none of the above are responsible for the loss of personal items nor any other form of aggravation in connection with said event. I have been warned I must be in good health to participate in this event. In filling out this form I acknowledge that I am an amateur in such events. I also give permission for the free use of my name and picture in any broadcast, telecast, webcast or print media account of this event. In filling out this form I acknowledge I have read and fully understand my own liability and do accept the restrictions.

Signature

Date