



## The Syracuse Chargers Track Club



Presents the

### 32nd Annual Willow Bay 5K Run & Fitness Walk for Women

Saturday, August 16, 2025, 9:00 AM

Starts near Willow Bay in Onondaga Lake Park, Liverpool, NY

<https://runsignup.com/Race/NY/Liverpool/WillowBay5k>

<https://www.syracusechargers.org/willowbay2025>

**Course:** Flat, certified (NY83004TC) out and back course along the East Shore of Onondaga Lake. Start at Willow Bay, turnaround at the marker near the Yacht Club and finish at Willow Bay. To get to the start, enter the park via Long Branch Road.

**Entry:** Register now at [RunSignUp](#) for \$35; prices go up after August 3rd to \$40; Race day fee is \$45. **\*Remember: No entry fee for women 65 years or older!!** Attractive souvenir technical shirts while supplies last. Race packets may be picked up at **Fleet Feet** on Route 31 in Clay on Thursday, Aug 14, from 5:00 – 6:30 PM. Packets will also be available on site on race morning.

**Amenities:** Bathrooms are available throughout the park. Refreshments will be provided for all runners and walkers following the race. Come dressed to run.

**Awards:** **Top Three Overall Finishers; Age-group** awards to the top three finishers in these age groups: 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+. Overall and age group awards will not be duplicated.

Top three teams in each family category: **Mother-Daughter, Sister-Sister, Grandmother-Granddaughter & Aunt-Niece.**

Automatic entry for **door prize** drawings at the awards ceremony. You must be present to win!

**Double Your Fun Challenge.** If you double your finish time and it is less than your age on race day, you will win a special prize! Entry automatically enters you into this challenge!

**Questions:** Email Mickey at [mpiscitelli2@verizon.net](mailto:mpiscitelli2@verizon.net)

#### The Virtual Willow Bay 5K Run & Fitness Walk for Women

Sign up for this event from now until August 5th on RunSignUp for a \$35 registration fee. A technical running shirt will be given to all finishers completing your own course with submitted results by August 13, 2025.

- Please pick up your shirt at Fleet Feet on August 14, 5:00 – 6:30 PM.
- There will be no Overall/Age-group/Family Teams/Double Your Fun awards for the virtual race.
- Entry fee *is* required for virtual participants over 65 years old (free entry for over 65 years old is still offered for the in-person edition).