

Onondaga Lake Park Thursday Night Fun Runs
Conducted by the Syracuse Chargers Track Club
Liverpool, New York



It is the no fee summer place to be!

It's paved and it is flat!!

Please join us at Onondaga Lake Park for Thursdays of fun. We start Thursday, June 7th

for consecutive weeks through August 30. All Thursdays. . You can show up and be timed at the 2 mile, 5K, or 8K distance.

Children can run in the Kid's 400 meter dash which will start at 5:45pm. All other runs begin at 6:00pm.

Park at the Salt Museum parking lot and jog down to the start line in front of the Yacht Club. You will be asked to sign a waiver to cover your participation for the entire series. Since the asphalt trail on which you will be running will remain open to the public, you will be given a bib number to wear just so the other park users know that you are part of the event....they may even grant you right of way!

Our volunteer timer will announce your finish time as you cross the line. You are responsible for remembering your time and listing it on the index card that you will be given. It is that easy!

Hope to see you at the Yacht Club at Onondaga Lake Park on Thursdays beginning June 7th and at as many of the summer Thursdays that you can attend!

Arrive by 5:30pm to sign in for the 5:45pm Kids Run and

at 5:45pm for the 6pm Teen/Tween/Adult Fun Runs.

There is a restroom nearby, but please come dressed to run! Please bring your own water and support beverages! Looking forward to seeing you at the Onondaga Lake Park Runs!!