

# 2025 Black Diamond Express Races

(5K & Half Marathon to benefit the Mendon Foundation)



Sunday, August 24, 2025 • Lehigh Valley Trail, Rt. 251, Mendon, NY

HM starts at 8:00 AM • 5K starts at 8:20 AM

Course: Flat, scenic out & back course along the historic Lehigh Valley Trail

Start/End: Mendon Youth Baseball Fields (<https://goo.gl/maps/8ZoNARYJ95q>)



Half Marathon  
NY17052IG

Sponsored by  ROCHESTER RUNNING CO  LATTIMORE physical therapy & sports rehabilitation  MENDON MEADOWS MARKET PLACE  Canandaigua National Bank & Trust & more!

**Fees** Register early for best prices! • Our Half Marathon is a Greater Rochester Track Club RROY Series Race!

Race	Thru 5/31/24	6/1 – 6/30	7/1 – 7/31	8/1 -8/24	On 8/25/24
Half Marathon	\$55	\$63	\$68	\$78	\$85 →
5K	\$30	\$32	\$35	\$38	\$45
Virtual Half	\$55	\$60	\$60	\$65	\$65
Virtual 5K	\$30	\$32	\$32	\$35	\$35



A guaranteed long-sleeved T-shirt or mug to the first 150 registered by August 3, 2025! After that date, T-shirts and mugs may be available on a first-come, first-served basis. Refreshments and healthy snacks available to all registered runners/walkers.

## Awards

**Half Marathon: Top 5 (non virtual)** Male & Female **Cash or Gift awards**; plus collectible Race Water Bottles for top 3 in age groups 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ → **All Half Marathon finishers will receive our beautiful, collectible ceramic finisher's medal!**

**5K: Top 5 (non virtual)** Male & Female **Cash or Gift awards**; plus collectible Race Water Bottles for top 3 in age groups 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ → **All 5K finishers will receive our beautiful, collectible ceramic lapel pin!**

## Registration

- **Option 1:** Register and pay through RunSignUp.com (Processing fees apply!): <https://runsignup.com/Race/NY/Mendon/BlackDiamondExpress>
- **Option 2:** Complete form below, and mail form with check payable to: Mendon Foundation, Inc.  
Mail to: Mendon Foundation, Attn: Race Director, PO Box 231, Mendon, NY 14506-0231.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email (required for race updates): \_\_\_\_\_

Race (circle one): 5K Half Virtual 5K Virtual Half Gender (circle one): M F Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

T-Shirt OR mug (circle ONE): S M L XL Mug (shirts are unisex) Phone: \_\_\_\_\_

7:30 Half Marathon Early Start Requested:  USATF Member # (if applicable): \_\_\_\_\_

### Mandatory Waiver – Signature Required

I know that running a trail 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 RobinHood Racing, USA TRACK & FIELD, Volunteers, the Mendon Foundation 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 and/or acceptance of the electronic version of this form.

Runner Signature: \_\_\_\_\_

If under 18, Parent/Guardian: \_\_\_\_\_