

TeamNancy5K Race/Walk to benefit



*** September 14, 2014 * Race starts promptly at 9 a.m. ***

*** James Baird State Park * Pleasant Valley, NY ***

Entry Fees: Pre-register by August 24, 2014 for \$20 and be guaranteed a race t-shirt! After then registration will be \$25. Walk-ins welcome, and on-site registration begins at 8am.

To pre-register, please indicate payment method ☐ Cash, ☐ Check or ☐ Money Order payable to Sparrow's Nest, and send form with payment to: TeamNancy5k, PO Box 643, Pleasant Valley, NY 12569

Awards: Top 2 M/F in each race category will be awarded shortly after conclusion of race.

Course: Paved road within beautiful scenic state park.

Additional Info: Race t-shirt guaranteed for all pre-registered, paid participants. If not pre-registered and paid, t-shirts will be available while supplies last. Indoor restrooms, activities for kids.

Directions: Taconic State Parkway to James Baird State Park exit. Follow signs to parking.

Proceeds to benefit Sparrow's Nest, a local 501(c)(3) charity, preparing and delivering homemade meals to the families of moms with cancer, in areas of the Hudson Valley.

Please PRINT legibly!

Name: _____

Gender: Male / Female

Age: (on race day) _____ ** Gender and age must be specified to be eligible for awards **

Mailing Address: _____

City: _____ State/Province: _____ Zip _____

Phone: (____) _____ Email: _____

Shirt Size: (CIRCLE ONE) S M L XL 2XL

Activity: (CIRCLE ONE) Racing / Running for Fun / Walking

EVENT DISCLAIMER: By adding your signature, you accept this waiver and disclaimer/release. Waiver and Release: I know that this event is a potentially hazardous activity, and I should only participate if I am medically able and properly trained. By participating in this Event, I do so at my own risk. I assume all risk of injury, illness, damage or loss to me or my property that might result, including without limitation, any loss or theft of personal property. I consent to emergency medical treatment in the event of injury, accident and/or illness during the Event. I agree on behalf of myself (and my personal representatives, heirs, executors, administrators, agents and assigns) to release and discharge the organizers of this event, its principals, its officers & directors, its employees, all sponsors and their representatives and employees, all beneficiaries and their representatives and employees, the people of the State of New York, the New York State Executive Department, the Office of Parks, Recreation and Historic Preservation, their officers, agents, employees and assigns from any and all claims or causes of action (known or unknown) arising out of their negligence. I acknowledge that I have carefully read this 'Waiver and Release' and fully understand that it is a release of liability. By my signature below, I am waiving any right that I may have to bring legal action to assert a claim against any and all Event sponsors for their negligence. I hereby grant full permission to any and all of the foregoing to use my name and likeness in any broadcast, telecast, video or print media reporting or advertising of the Event without compensation.

☐ **I AGREE and Sign here:** _____