



SATURDAY, OCTOBER 18, 2025

Come join us for the inaugural Color the Course 5k, Rainbow Mile, & Kids Color Burst hosted by the Hamilton Cross Country and Track & Field Teams!

Kids Color Burst 100m - 10:00 AM
Kids Color Burst 1/4 Mile - 10:15 AM
Kids Color Burst 1/2 Mile - 10:30 AM
Rainbow Mile - 10:45 AM
Color the Course 5k - 11:00 AM

All proceeds go toward the Hamilton Cross Country and Track & Field Teams.

INFORMATION Run through a cloud of color every ½ mile in the Color the Course 5k!
Dash through a rainbow of color every ¼ mile in the Rainbow Mile!
Experience a burst of color at the finish line in the Kids Color Burst!

Sunglasses or protective eyewear are encouraged.

LOCATION Hamilton Central School Soccer Stadium, Hamilton, NY

REGISTRATION & PACKET PICKUP Kids Color Burst 100m - FREE (up to 6 years old)
Kids Color Burst 1/4 Mile - \$5 (ages 5-11 only)
Kids Color Burst 1/2 Mile - \$5 (ages 5-11 only)
Rainbow Mile - \$10
Color the Course 5k - \$20

By Mail - Deadline Thursday, October 9th

Online - <https://runsignup.com/Race?racelid=180864> (must pay via mail or in person on race day)

Race Day - 9:00-9:45 AM at the HCS Soccer Stadium

Make checks payable to: Hamilton Central School

Hamilton Central School
ATTN: Jeremy West - Color the Course
47 W Kendrick Ave
Hamilton, NY 13346

TIMING The Color the Course 5k and Rainbow Mile will be timed. Results can be found at <https://www.webscorer.com/coachjeremywest>.

SHIRTS As a thank you, anyone that donates \$10+ will receive a white race shirt, or a white long sleeve shirt for a \$15+ donation, that can be worn during the race for maximum color! By requesting a shirt, you are committing to making a donation—in addition to the race entry fee—to the Hamilton Cross Country and Track & Field Teams. Donations can be made via mail or in person at packet pickup on race day if you pre-registered online.

Please note you will only be able to receive a shirt for your generous donations by pre-registering online or registering by mail by October 9th. We will not have additional shirts to give out for any race day registrations or race day donations.

QUESTIONS Contact the race director at jwest@hamiltoncentral.org

Participant Information (Please submit a separate registration form for each participant.)

Full Name: _____ Age: _____ Birthdate: ____/____/____ Sex: ____M ____F Email/Phone: _____

Street Address: _____ City: _____ State: _____ Zip: _____

Race Entry

____ Kids Color Burst 100m (up to 6 years old) ____ 1/4 Mile (ages 5-11) ____ 1/2 Mile (ages 5-11) ____ Rainbow Mile ____ Color the Course 5k

Donations

I would like to make a donation of \$_____ and receive a race shirt as a thank you gift. Donations of \$10+ receive a shirt or \$15+ for a long sleeve shirt.

Shirt Size: ____ Youth XS ____ Youth S ____ Youth M ____ Youth L ____ Youth XL ____ Adult XS ____ Adult S ____ Adult M ____ Adult L ____ Adult XL ____ Adult XXL

LS Shirt Size: ____ Youth XS ____ Youth S ____ Youth M ____ Youth L ____ Youth XL ____ Adult XS ____ Adult S ____ Adult M ____ Adult L ____ Adult XL ____ Adult XXL

Waiver

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all rights and claims for damages or injuries that I may have against the Event Director, Hamilton Central School District, RunSignup.com, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

As it applies to my participation in this race, I agree to abide by the Center for Disease Control (CDC)'s recommendations for the prevention of the spread of COVID-19 and attest to having read the CDC's guidance at: <https://www.cdc.gov>. I also agree to abide by any COVID-19 distancing and other safety guidelines issued by the state, the community or by this race for my participation in this race.

Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

This event follows the standard running industry policy: All entry fees are non-refundable. We reserve the right to postpone or cancel the event due to circumstances beyond our control such as a natural disaster or emergency or as required to protect the safety of participants and staff. No refunds will be issued under these circumstances. We reserve the right to change the details of the event without prior notice. I understand that my entry fee is nonrefundable and bib numbers are non transferable.

By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver including the no refund policy.

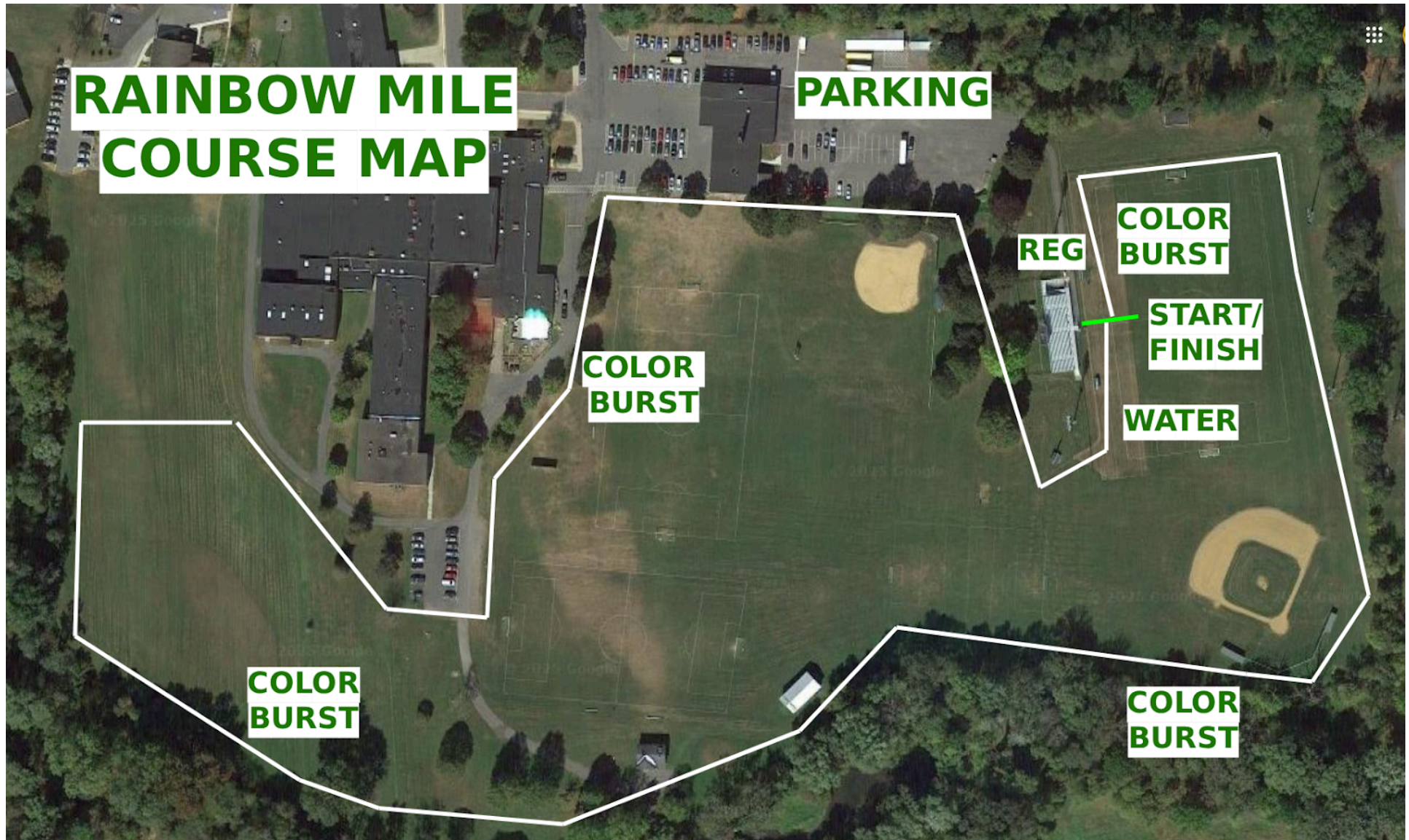
PARTICIPANT SIGNATURE: _____ **DATE:** ____/____/____

PARENT/GUARDIAN SIGNATURE: _____ **DATE:** ____/____/____ (IF UNDER 18 YEARS OLD)

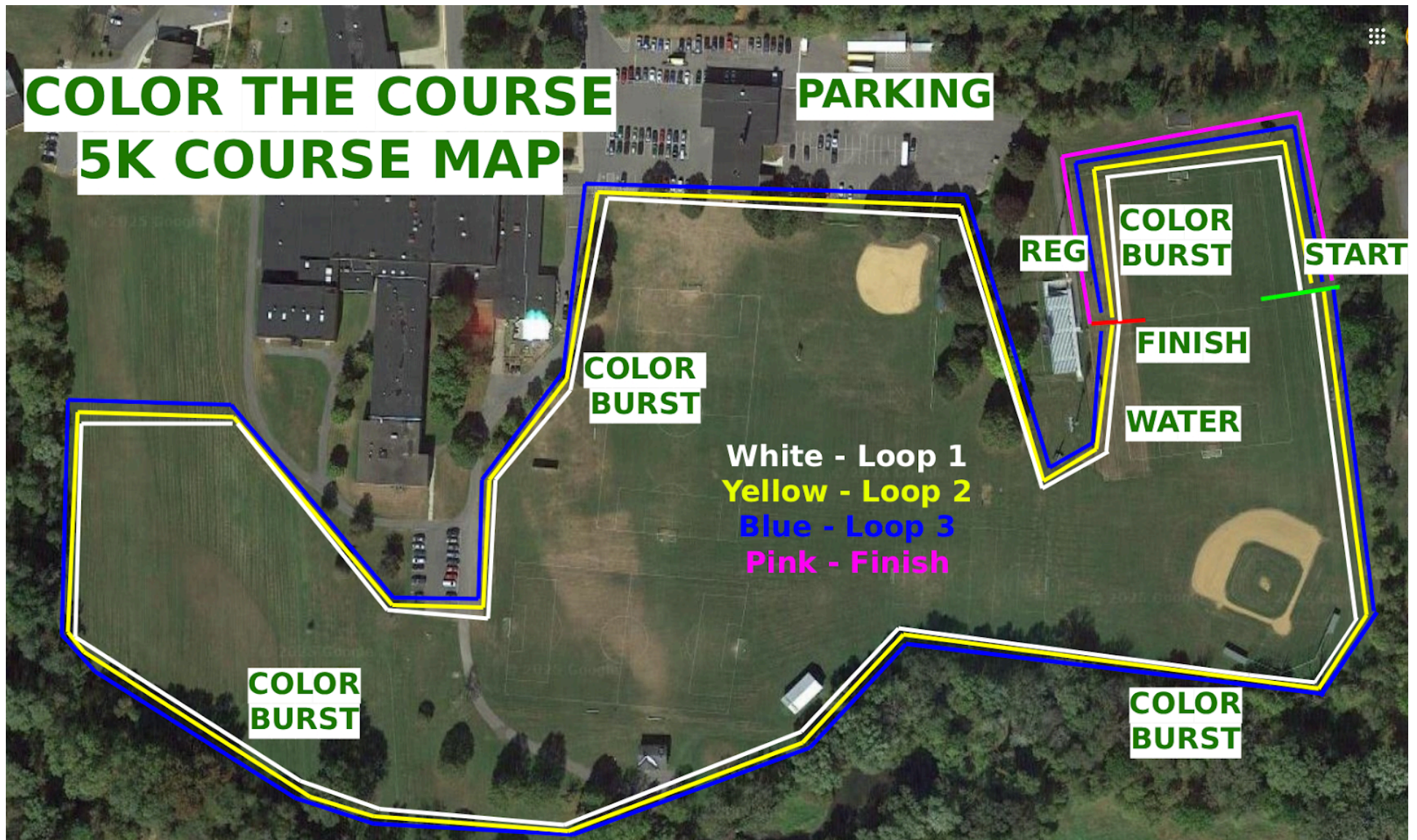
Kids Color Burst 100m - Start at the end line of the soccer field and cross the finish line in front of the stands.

Kids Color Burst 1/4 Mile & 1/2 Mile - Start at the Hamilton Central School Soccer Stadium in front of the stands. Run around the soccer field one time for the 1/4 Mile or twice for the 1/2 Mile and finish in front of the stands.

**Races may be run in heats depending on the number of participants*



Rainbow Mile - Start at the Hamilton Central School Soccer Stadium in front of the stands. Go around the back of the stands and run along the main parking lot. Follow the road on the outside of the practice soccer fields to the back parking lot. Go around the back parking lot then proceed along the walk way until you see the cones. Follow the cones to the tree line and continue running the tree line behind the pole barn, around the back stop of the baseball field, and back into the soccer stadium. Go around the main soccer field and finish in front of the stands.



Color the Course 5k - Start at the Hamilton Central School Soccer Stadium on the opposite sideline of the soccer field. Go around the back of the stands and run along the main parking lot. Follow the road on the outside of the practice soccer fields to the back parking lot. Go around the back parking lot then proceed along the walk way until you see the cones. Follow the cones to the tree line and continue running the tree line behind the pole barn, around the back stop of the baseball field, and back into the soccer stadium. Go around the main soccer field and finish in front of the stands.