



The Northport Running Club presents the
2017 TOUGH COOKIE 8K TRAIL RACE
AND COOKIE EXTRAVAGANZA!



SUNKEN MEADOW STATE PARK
Sunday, December 10, 2017

10:00 am start
Check-in: 8:30-
9:45am

Early bird registration
\$20 through 11/3
\$25 11/4 – 12/7*
\$30 day of race
Over age 69: free
Under age 17: \$10

* last day online registration
 --Online registration welcome--
www.runsignup.com

Mail entry form and registration fee postmarked by 12/1 (check or money order payable to the Northport Running Club) to: Tough Cookie Trail Race c/o Northport Running Club, P.O.Box 554, Northport, NY 11768. For more information, contact Darlene at 917-603-6535.



This is the third and final race of the NRC Triple Crown



The Tough Cookie 8K is a challenging and fun trail race followed by a raffle and holiday cookie fest. Bring your own favorite recipe or just enjoy cookies made by Copenhagen and other local bakeries, and our race volunteers.



Awards will be given to the top three finishers in Open Male and Female, Masters Male and Female, and the top three finishers in 5-year age groups.

Great Cookie Jar Raffle!!

****Special Awards** given to the top three open and Masters Triple Crown finishers who have run the Doug Wood 5K, the VA Day 4K, and the Tough Cookie 8K.

Professional timing by Just Finish, Inc.
 All proceeds to benefit local LI charities: Northport Lay Council Food Pantry, LI Greenbelt Trail, Salvation Army

Number Pickup and Last Minute Registration: Huntington Super Runners Shop 12/8 6pm-8pm or Race Day 12/10

Directions: From the LIE, the Northern State Parkway, or 25A take Sunken Meadow Pkwy N to Sunken Meadow State Park, and proceed to Lot 3, at the end all the way on the right.

SPONSORSHIPS AVAILABLE CONTACT Darlene at darlenerit@yahoo.com for details

Name:	Date of Birth:	Age on race day:	M/F
Address:		E-mail:	

Decorative Giveaway to all Participants!

I have run both the DOUG WOD 5K AND THE VETERAN'S DAY 4K IN 2015 AND SO AM A CONTENDER FOR A TRIPLE CROWN AWARD: **YES NO** (circle one)

Release: I know that running a trail race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, and the conditions of the course, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts, and in consideration of your acceptance for participation I, for myself, and anyone entitled to act on my behalf, waive, and release the Northport Running Club, their officers, the Road Runners Club of America, their officers, the town of Kings Park, Sunken Meadow State Park, New York State Parks, and Just Finish, Inc. and their employees/representatives, from all claims or liabilities of any kind arising out of my participation in the club activities. Submission of this form and my signature signifies acceptance of the conditions as listed above. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. NO REFUNDS.

Signature:	Date
Signature of parent/guardian for participant under 18:	Date