



The Northport Running Club Presents the 2025 TOUGH COOKIE 8K TRAIL RACE



Sunday, December 7th, 2025
Sunken Meadow State Park

Check-in: 8:15 - 9:45am
**10:00 am start at
Sunken
Meadow Field 3**

**\$30 Registration
(\$35 after Friday 12/4)**
Day of Race Registration
and Bib Pick-up at
Sunken Meadow (8:15-
9:45)

Proceeds to benefit local LI
charities.



www.runsignup.com

Tough Cookie 8K Trail Race

The Tough Cookie 8K is a challenging and fun trail race entirely on trails in Sunken Meadow State Park followed by a holiday cookie fest. Bring your own favorite recipe or just enjoy cookies made by local bakeries or our race volunteers.

Tough Cookie fleece headbands while supplies last!

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.

Professional timing by SRC Timing Services.

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.

Name: _____ Date of Birth: _____ Age on race day: _____ M F

Address: _____ E-mail: _____

Release: I know that running a trail race is a 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 *SRC Timing Services* 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. I agree to any COVID related protocols that may need to be implemented. NO REFUNDS FOR RACE CANCELLATION DUE TO INCLEMENT WEATHER. ALL PROCEEDS TO CHARITY.

Signature: _____ Date: _____

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

TOUGH COOKIE 8K Trail Race Registration 2025

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