

# VALLEY NATURE RUN/WALK



When nature calls...  
**YOU GOTTA RUN!**

Meachem Area Parks Association (MAPA) Presents

## Valley Nature Run/Walk

4 Mile road & trail run \* Historic Walk

Saturday August 25th, 2018 at Meachem Field

Registration opens at 7:30 a.m. – Run/Walk starts at 9:00 a.m.



**RACE INFO:** Run/Walk will start & finish at Meachem field located on W. Seneca Tpke. Syracuse, NY  
Registration will open at 7:30 a.m. on the morning of August 25<sup>th</sup>. Run/Walk starts at 9:00 a.m.

### Contact Details

Contact Person: Jon French

Contact email: [jmfren02@gmail.com](mailto:jmfren02@gmail.com)

Contact Website: <http://polbrys.wix.com/valleynaturerun>

Facebook: [The Valley Nature Run/Walk](https://www.facebook.com/TheValleyNatureRun/Walk)

**\*\*Awards provided to all 4 Mile finishers and top finishers in your age group if registered by 8/3/18\*\***

Only participants who **PRE-REGISTER** by August 3rd will be guaranteed a t-shirt. (as supplies last, thereafter).

### Valley Nature Run - Individual Race Entry Form

**NAME:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**AGE:** \_\_\_\_\_ **GENDER:** \_\_\_\_\_ **SHIRT SIZE (M/F) S, M, L, XL**

\*Please make sure to indicate if you would like a Male or Female Tech Shirt\*

Run Fee by 6/30/18 - \$22.50

Run Fee after 6/30/18 - \$25.00

Run Fee Race day - \$30.00

Make checks payable to: **STC**

Send mailed entries to:

Syracuse Track Club

c/o YMCA

340 Montgomery Street

Syracuse, NY 13202

BY SIGNING THIS WAIVER YOU AGREE TO PHOTOGRAPHIC/VIDEO USE. YOU UNDERSTAND THAT PARTICIPATION IN THE EVENT IS POTENTIALLY HAZARDOUS (INCLUDING ROADS WITH TRAFFIC & WOODED TRAILS), AND THAT A REGISTERED PARTY SHOULD NOT PARTICIPATE UNLESS THEY ARE MEDICALLY ABLE AND PROPERLY TRAINED. YOU UNDERSTAND THAT EVENTS MAY BE HELD OVER PUBLIC ROADS AND FACILITIES OPEN TO THE PUBLIC DURING THE EVENT AND UPON WHICH HAZARDS ARE TO BE EXPECTED. PARTICIPATION CARRIES WITH IT CERTAIN INHERENT RISKS THAT CANNOT BE ELIMINATED COMPLETELY RANGING FROM MINOR INJURIES TO CATASTROPHIC INJURIES INCLUDING DEATH. YOU UNDERSTAND AND AGREE THAT IN CONSIDERATION OF BEING PERMITTED TO PARTICIPATE IN THE EVENT, YOU AND ANY REGISTERED PARTY, THE HEIRS, PERSONAL REPRESENTATIVES OR ASSIGNS OF YOU OR THE REGISTERED PARTY DO HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE THE PRINCIPALS, EMPLOYEES, BOARD MEMBERS, VOLUNTEERS AND ANY OTHER PARTY ASSOCIATED WITH THE VALLEY NATURE RUN/WALK FOR ANY AND ALL LIABILITY FROM ANY AND ALL CLAIMS ARISING FROM PARTICIPATION IN THE EVENT BY YOU OR ANY REGISTERED PARTY. BY INDICATING YOUR ACCEPTANCE OF THIS AGREEMENT AND WAIVER, YOU ARE AFFIRMING THAT YOU HAVE READ AND UNDERSTAND THIS AGREEMENT AND WAIVER AND FULLY UNDERSTAND ITS TERMS. YOU UNDERSTAND THAT YOU ARE GIVING UP SUBSTANTIAL RIGHTS, INCLUDING THE RIGHT TO SUE. YOU ACKNOWLEDGE THAT YOU ARE SIGNING THE AGREEMENT AND WAIVER FREELY AND VOLUNTARILY, AND INTEND BY YOUR ACCEPTANCE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW. IF ATHLETE IS UNDER 18 HIS/HER PARENT OR GUARDIAN MUST SIGN THIS RELEASE AND WAIVER AGREEMENT. THE RACE COMMITTEE RESERVES THE RIGHT TO REJECT ANY ENTRY.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\*IF THE PARTICIPANT IS UNDER 18 YEARS OF AGE, A PARENT OR LEGAL GUARDIAN MUST SIGN THE WAIVER AND AGREE TO ITS TERMS\*

\*\*CUT ALONG THE DOTTED LINE & RETURN THE RACE ENTRY FORM, SIGNED WAIVER, AND PAYMENT\*\*

No Refunds!

Baby joggers/strollers are not permitted on run course.

No pets allowed please.

**THANK YOU IN ADVANCE FOR SUPPORTING YOUR COMMUNITY!**