

Forks in the Forest

5K Cross County 5K Run

Sunday, April 26, 2020

2:00 PM

Race Location: Chenango Valley State Park, 153 State Park Road, Chenango Forks NY 13746. Registration and race start at the Pine Plains Pavilion.

Course Description: The Forks in the Forest 5K is a cross country race contested at the beautiful Chenango Valley State Park. This exact 5K race is predominantly flat and runs on either trails, grass and paved or gravel service roads. The course has been wheel measured and GPS confirmed.

Make Checks to: Chenango Forks Dollars for Scholars, PO Box 515, Chenango Bridge, NY – Mail in applications must be received by April 23, 2020. **T-Shirts awarded to all participants who register by 4/5/2020.**

Contact: Larry Brooks 607-201-8424 or email at larrybrook@aol.com

Website: Race forms are also available online at runsignup.com, Results will be posted at same.

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Forks in the Forest 5K ENTRY FORM 4/26/2020 PLEASE PRINT LEGIBLY

Name _____ Sex _____ Age _____

Address _____

City, State Zip _____

Phone _____ E-mail _____

Waiver (MUST BE SIGNED)

In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release and any all rights and claims for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Signature _____ Date _____

Parent or Guardian if under 18 _____

No refunds will be issued for any reason