

Fourth Annual Town of Cortlandt 5K Road Race
Saturday, October 29, 2016
9:30am start



Pre Registration Fee: \$15

Deadline: Wednesday, October 26th

Race Day Registration Fee: \$20

8:30 am—9:15 am @ Cortlandt Waterfront Park

Make Checks payable to: Town of Cortlandt Recreation
1 Heady Street
Cortlandt Manor, NY 10567

Race Day Registration and check-in located at: Cortlandt Waterfront Park
Riverview Ave. & Broadway, Verplanck

First Name _____ Last Name _____

Address _____ City _____ State _____ Zip _____

Phone _____ E-Mail _____

Emergency Contact Name _____ Phone # _____

Age on Race Day _____ Gender(M/F) _____

All participants will receive a free t-shirt at registration

T-Shirt Size: S M L XL

Awards to top 3 men & women and age groups

For further information call: 914-734-1058

WAIVER: I know that running a race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running/walking this event including but not limited to falls, contact with other participants, the effect of the environment, including weather, traffic and conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these effects and in consideration of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Town of Cortlandt and all sponsors, their representatives and successors from all claims of liability of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use photographs, recording or any other record of this event for any legitimate purpose. I understand bicycles, skateboards, roller skates/blades, animals are not allowed in this race/walk and I will abide by these guidelines.

Signature of Participant _____ Date _____

*Parent or Guardian signature required if the participant is under 18