



5K RUN/WALK THURSDAY, NOVEMBER 26, 2015

RACE LOCATION:	Shuttleworth Park , 65 Crescent Ave, Amsterdam, NY 12010
COURSE DESCRIPTION:	A slightly hilly, out and back course starting at the grandstand, east along Crescent through Marie Curie School Parking lot to Northern Blvd., north on Northern, left up Freehill/McCaffrey/Shuttleworth Ave loop and then back for final leg in the park
REGISTRATION:	7:00 AM - 9:00 AM
AWARDS:	Top three male and female receive trophy. Top Master and Clydesdale receive a trophy. Top three in 5 year age group will receive medals
COURSE RECORDS:	<i>To be set!!</i>
PROCEEDS:	To benefit Dr. Tom Catena's Mission Work, Mother of Mercy Hospital, Nuba Mountains, Sudan
ENTRY COST INFORMATION:	\$15 with T-shirt. Guaranteed T-shirts to all full price paid participants. If shirts run out, yours will be mailed.
OTHER INFORMATION:	Results by Fulmont Roadrunner
MAKE CHECKS TO:	"Amsterdam Thanks4giving Run for Charity"
MAIL TO:	275 Guy Park Ave. Amsterdam N.Y.12010
CONTACT:	Robin Sise: 843-7128, e-mail: amsterdamrunforcharity@gmail.com
WEBSITE:	Race forms are also available online at www.amsterdamrun.com

-----detach here -----



ENTRY FORM BY 11/18/2015 PLEASE PRINT LEGIBLY

Name: _____ Age: _____ Sex: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: (_____) _____ E-mail: _____

SHIRT SIZE: (check/circle One) SM M L XL XXL

WAIVER

I know that running a road 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, including high heat and/or humidity, traffic and the conditions of the road, 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 inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Thanks4giving Run for Charity, the City and Town of Amsterdam, and the Fulmont Road Runners Club, all event sponsors, their representatives and successors from all claims or liabilities 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 my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ **Date:** _____

Print Name: _____

Parent's Signature (if under 18): _____ **Date:** _____