

# **2013 Inter-Club Challenge 5K Entry Form**

**Sunday, April 14th, 11:00 AM**

**Thomas Bull Memorial Park, Hamptonburgh**

**211 Route 416**

**Montgomery, NY 12549**

## **Directions**

From Monticello: Rt 17 East to Exit 116, make Left off exit ramp onto Rt 17K. In Montgomery, turn right onto Rt 211 (Union St). After 1.4 mi, turn left onto Rt 416. Park is 2.7 miles on right. Use the Grove st entrance, closest to Montgomery. Follow signs to Day Camp area pavilion for registration and race start.

From Goshen: Take Rt 207 North to Rt 416. Park is about 2 miles up Rt 416. Use the Grove st entrance, closest to Montgomery. Follow signs to Day Camp area pavilion for registration and race start.

**From Rockland Co: Take Rt 17 West to Exit 125, Goshen 17M east. Turn left on Chester Ave, Turn right on South St, Turn left onto S Church St, turn right onto Rt 207 E/ Main St. After 4.7 miles, take slight left onto Rt 416.** Park is about 2 miles up Rt 416. Use the Grove St entrance, closest to Montgomery. Follow signs to Day Camp area pavilion for registration and race start.

## **Parking**

Parking at the pavilion area.

## **Course**

Flat and fast 5K entirely on park roads.

*Post race refreshments and award ceremony will be held at the pavilion.*

*Race proceeds will be donated to charity, so bring more friends to register.*

*\*\*\*New rule for 2013: if you are a member of multiple clubs, you must register for the club in the county where you live*

Pre-entry deadline is RECEIVED by April 10, 2013. Please print and send to:

Sullivan Striders, PO Box 702, Rock Hill NY 12775

Club (check one)	Sullivan Striders ___	Rockland Road Runners ___	Orange Runners Club ___
Name			
Age (on 4/14/13)			
Gender			
Entry Fee	\$ 5.00 (make check payable to "Sullivan Striders")		

WAIVER MUST BE SIGNED

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete or assist in the event. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat, humidity, extreme cold, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for participation, I for myself and anyone entitled to act on my behalf, hereby waive and release the Road Runners Club of America, the Sullivan Striders, Orange County, Thomas Bull Memorial Park, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that bicycles, roller skates or blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. I also grant permission to the event organizers to use or authorize others to use any photographs, motion pictures, video, recordings, or any other record of my participation in this event or related activities for any legitimate purpose without remuneration.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Parent's Signature (if under the age of 18): \_\_\_\_\_