



Nyack College Homecoming
Running Warrior 5k Road Race
& 3K walk

Homecoming Weekend October 9, 2010

8:00am Registration on Moseley Field

9:00am 5K Run and 3K Walk

10:00am Awards Ceremony and Refreshments

Pre-Registration (until October 1) \$15.00

Race-Day Registration \$20.00

Nyack College Students/Staff/Faculty \$10.00

T-SHIRT FOR ALL WHO PARTICIPATE

Please print neatly and fill out completely

First Name _____ Last Name _____

Address _____

Email Address _____

Phone Number _____ Age _____ M/F _____ Shirt Size S M L

Please make checks payable to: Nyack College Cross Country

Mail to: Wendy Muckell 192 South Broadway Nyack, NY 10960

I know that running is a potentially hazardous activity. I should not enter and run 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 the run. I assume all risks associated with running in the event including, but not limited to, falls, contact with another participant, 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. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself, and anyone entitled to act on my behalf, waive the release all sponsors, their representatives, and successors from all claims of 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.

Signature REQUIRED (parent or guardian if under 18 years)

No Refunds