

The Nyack College Running Warrior 5K Road Race and 3K Walk

Saturday, October 15th on Moseley Field

**8:00 Same Day
Registration**

**8:45 3K
Start Time**



**9:00 5K
Start Time**

**10:00
Awards Ceremony**

Students
(At any time)
\$10.00

Pre-registered
(by 10/01/11)
\$15.00

Same Day
(after 10/15/11)
\$20.00

Fac./Staff
(Sponsored by H.R.)
(N/A)

(circle one)

5K Road Race

3K Walk
(circle one)

3K w/Stroller

First Name: _____ **Last Name:** _____

Address: _____

Email Address: _____ **Phone #:** _____

Birth Date: _____ **Male/Female** (circle one) **Shirt Size: S M L** (circle one)

Age Category: (circle one) **Under 15, 15-19, 20-29, 30-39, 40-49, 50-59, Over 60**

Please make checks payable to: Nyack College Cross Country

Please Mail to: Nyack College, Office of Advancement

1 South Blvd. Nyack, NY 10960

Race proceeds will send our team to the Christian Nationals!

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 of 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 of age)

No Refunds