



# 9<sup>th</sup> ANNUAL SOUTHOLD ATHLETIC ASSOCIATION 5K & FUN RUN

## SATURDAY, NOVEMBER 3rd, 2017, 9:00AM SHARP

**Proceeds to Benefit:** The Southold Athletic Association in order to provide health and wellness opportunities to Southold students.

**THE 5K RACE/WALK:** USTA Certified Course entirely run on the road and professionally timed by Nikita Dorcinvil of Just Finish. The race is guaranteed to start on time, has clocks at each mile marker, water on the course, bagels, apples and more at the finish and a Technical Running Shirt for all participants.

**5K RACE REGISTRATION:** \$20 for pre-registered participants over the age of 18.  
 \$15 for pre-registered participants 18 years old and younger.  
 \$25 Day of race registration for everyone.

**FUN RUN:** Free – No Registration Necessary – Awards for all participants –Kids only please!

**RACE DAY TIMES:** ALL runners/walkers must check-in between 7:30am- 8:45am at the Southold Elementary School Gymnasium on Oaklawn Avenue, Southold. 5K Race/Walk begins ON TIME at 9:00am, and Fun Run will begin at 9:45am.

**AWARDS:** 5K Awards go to the Top Male and Top Female Overall and top three male and female participants in each of the following age groups: 7 & under, 8-9, 10-11, 12-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & older.

**RAFFLES:** All participants will be entered into a raffle with a chance to win donations from local businesses.

### ONLINE REGISTRATION & RACE WEBSITE

## www.southoldathleticassociation5k.weebly.com



You may bring or mail registration form and check or money order made out to Southold Athletic Association to:  
 Southold Elementary School, PO Box 470, Southold, NY 11971, Attn: Southold Athletic Association 5K

Name \_\_\_\_\_

Circle One Age Group: 7 & under, 8-9 10-11 12-13 14-19 20-29 30-39 40-49 50-59 60-69 70 & older

Age on Race Day \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Shirt Size - Circle one: Adult: S M L XL XXL

**ASSUMPTION OF RISK, RELEASE WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT:** In consideration of my participating in the 2018 Southold Athletic Association 5K & Fun Run, I represent that I understand the nature of the event and that I am qualified, in good health, and in proper physical condition to participate in such event. I fully understand the event involves risks of serious bodily injury, permanent disability or death which may be caused by 1) my own actions, 2) those actions of others – including "Releasees", 3) the event conditions or 4) risks not known to me at this time. I fully accept and assume all such risk and all responsibility for losses, costs, and damages I may incur as a result of participation in this event. I hereby release, discharge, and agree not to sue Southold School, Town of Southold, The Southold Athletic Association, the USATF, their respective directors, officers, agents, volunteers, other participants, employees, sponsors, advertisers, and landowners (all considered "Releasees") from all liability, claims, demands, losses, or damages I may incur as a result of participation in this event, whether cause in whole or in part by the negligence of the Releasees, including negligent rescue operations. I further agree to indemnify, save, and hold harmless each of the Releasees from any loss, liability, damage, or cost (including reasonable attorney's fees) which they may incur as a result of any- one making a claim on my behalf. I understand that if one part of this agreement is invalid, all other parts will remain valid to the extent of the law. I have read this unconditional Agreement, and I fully understand it and the rights I've waived by signing it voluntarily.

Printed name of participant \_\_\_\_\_ Date \_\_\_\_\_

Signature of participant \_\_\_\_\_

**Participants under the age of 18 must receive parent/guardian permission to participate.**

Printed name of parent or guardian \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent or guardian \_\_\_\_\_

