

5K RUN



OCTOBER 19TH

9:00 AM START TIME 8:00 AM REGISTRATION
ALL ARE WELCOME

HECKSCHER PARK, 164 Main St, Huntington

Registration Fees: \$25 by October 10th: \$30 after & Day of Race

Name _____ Phone # _____

Circle One: 5K Run - 1 Mile Walk

Age: _____ M/F _____ Shirt Size: S M L XL 2XL

Address _____

City/State _____ Zip _____

Email _____

Registration Fee \$ _____ Date _____

Signature _____

Please return this cut-off slip with your check made payable to AME, 30 Orville Drive, Suite A, Bohemia, NY 11716

I know that running a road race is a potentially hazardous activity. I agree not to enter and participate unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I assume all risks associated with running in this event, including but not limited to change in running surfaces, falls, contact with other participants, or spectators, the effect of weather including cold, snow, and ice, traffic and conditions of the road, all such risks being known and appreciated by me. Therefore, in consideration of your accepting this entry, I the undersigned, intending to be legally bound, do hereby declare myself, my heirs, executors, administrators and assigns, do waive and release all rights and claims for any damages I may have against Suffolk County, officers, volunteers, and all the aforementioned representatives, employees, and successors, agents and assigns, for any and all injuries suffered by me in this sponsored event.

