10K FIELD LIMITED TO THE FIRST 5000 REGISTRANTS

INSTRUCTIONS: ❶ Please fill in all information requested in sections 1, 2, 3 & 4. ❷ Fill in your predicted finishing time, otherwise you will automatically be placed in the **last starting wave.** ❸ You must sign the waiver. We cannot accept your entry without a valid signature. ❹ Copies are acceptable. Only one entrant per application. ❺ Please return **signed application** with your check or money order.

1

FIRST NAME

LAST NAME

DO NOT FORGET TO FILL IN YOUR TELEPHONE NUMBER AND E-MAIL ADDRESS

STREET

CITY STATE ZIP

TELEPHONE NUMBER – –

E-MAIL ADDRESS

2

REGISTER ONLINE AT cowharborrace.com

EVENT: **10K** **2K** FUN RUN/WALK

(No Walkers)

SEX M F

AGE ON RACE DAY

CAPITAL ONE BANK EMPLOYEE (please check)

PLEASE NOTE: ***DO NOT LEAVE BLANK***

PREDICTED FINISH TIME

HRS : MINS : SECS

DATE OF BIRTH

MONTH DAY YEAR

3

I know that running a road race is a potentially hazardous activity and I assume all risks associated with running in this event, including but not limited to falls, contact with other participants or spectators, the effect of weather including heat and humidity, traffic and the 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 for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the Great Cow Harbor 10-Kilometer Run, Inc., the Northport Running Club, the Northport American Legion Post 694, Start to Finish Corporation, all race sponsors, the Village of Northport, the Township of Huntington, the police and volunteer fire departments of Northport, New York, and Suffolk County, New York and their representatives, successors and assigns for any and all injuries suffered by me in said event and all claims for 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. I attest and verify that I will participate in this event as a foot race entrant and that I am physically fit and have sufficiently trained for competition of this event and that my physical condition has been verified by a licensed medical doctor. Further, I grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or other records of this event for any legal purpose whatsoever. In the event that an Act of God necessitates the cancellation of the race, I understand that the sole responsibility of the race will be to provide a free race T-shirt for pick-up at a time and place that will be announced. Athletes who participate in this competition may be subject to formal drug testing in accordance with USAT&F rules and IAFF Rule 55. Athletes found positive for banned substances or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Drug Hot Line at 800-233-0393. No baby strollers/baby joggers, roller skates/blades, headphones, bicycles or animals will be allowed on the course.

This application must be signed and dated.

/ /10

SIGNATURE PARENTS SIGNATURE IF UNDER 18 DATE

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NO REGISTRATION ON FRIDAY, SEPT.24 AND NO RACE DAY REGISTRATION

Special Olympics Long Island Contribution (We would appreciate your help with $1.00 or more)*		$
ENTRY FEE $25.00 ($10.00 for ages twelve and under) $35.00 SEPT. 14-SEPT.21		$
Make checks payable and mail with entry to: **GREAT COW HARBOR 10 KILOMETER RUN, Inc.** P.O. Box 41, Northport, NY 11768	**TOTAL ENCLOSED**	$

ALL APPLICANTS MUST BE PRE-REGISTERED

ALL ENTRIES RECEIVED AFTER SEPT. 21ST WILL BE PLACED IN THE LAST WAVE AND WILL NOT HAVE TIME POSTED.

*Your contribution will provide the opportunity for children and adults with developmental disabilities to train and compete in Olympic events.