

# George Wodicka Hook Mountain Half Marathon and Hope 5K Run/Walk

Sunday, April 26, 2009 – 8:30AM for all events

RRR Members - \$15 before April 23<sup>rd</sup>

Non Members - \$20 before April 23<sup>rd</sup>

**After April 23<sup>rd</sup>, and RACE DAY, fee is \$25 FOR ALL T-SHIRTS NOT GUARANTEED FOR RACE DAY ENTRANTS.**

*A \$6 parking fee is charged by Rockland Lake after 8AM*

BIB NUMBER ASSIGNED

**PLEASE PRINT CLEARLY AND COMPLETE ALL BOXES INCLUDING SIGNATURE**

FIRST NAME:

LAST NAME:

STREET ADDRESS:

CITY:

STATE:

ZIP:

Half Marathon      5k Run

5k Walk

Kid's Run

Female

Male

AGE:

E-MAIL ADDRESS: (must be printed clearly if you want to see race day photos)

**I am enclosing an additional \$25 for membership to Rockand Road Runners for 2009**

Mail to: George Wodicka Hook Half & 5K, RRR, PO Box 435, Congers, NY 10920

### WAIVER MUST BE SIGNED

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities 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 or assist in the event. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat, humidity, extreme cold, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for participation, I for myself and anyone entitled to act on my behalf, hereby waive and release the Road Runners Club of America, Rockland Road Runners, United Hospice of Rockland, Super Race Systems, Ken Shelton Photography and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that bicycles, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. I also grant permission to the event organizers to use or authorize others to use any photographs, motion pictures, video, recordings, or any other record of my participation in this event or related activities for any legitimate purpose without remuneration. I grant permission to the foregoing persons and entities to use or authorize others to use any photographs, motion pictures, recordings, or any other record of my participation in this event or related activities for any legitimate purpose without remuneration. Absolutely no refunds, exchanges, or transfers.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature (if under the age of 18): \_\_\_\_\_