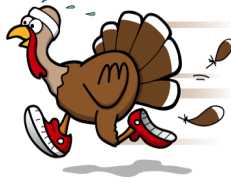


Cornwall Cross Country Turkey Trot

To Benefit the Hudson Valley Food Bank

3 Mile Certified Cross Country Course



Saturday, November 19th 2011 Cornwall Central High School

Optional 1 Mile Run/Walk on Track

Please bring completed form with registration fee to race.

Registration begins at 9am. Race begins at 10am.

Fees: \$10.00 per adult

\$5.00 per child/under 12

\$1.00 off registration fee for each canned good donated

Name _____

Address _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____

Email address _____

Age _____ Male _____ Female _____

Release and waiver (Please Read and sign)

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also assume any other risks associated with running this event including, but not limited to, falls, contact with other participants, and the effects of weather and conditions of the trail. I understand I am solely responsible for my own safety while traveling to and from or participating in this event. Knowing these facts and in consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might sue on my behalf covenant not to sue, and waive, release, and discharge the sponsors or contributors to this event, any race officials, volunteers, the city and police agencies, their representatives successors or assignees from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participation. The release form and waiver extends to all claims of every kind or nature whatsoever, foreseen and unforeseen, known and unknown. The undersigned further grants full permission to use any photographs, videotapes, motion pictures, recordings, or another record of the event for any purpose. Minors will be accepted with a parent's signature.

Signature

Date

