

First Runner/Team Member (Or Solo Participant)

Name: _____ Age: _____ Category: 1. Flying Solo 2. Husband/Wife 3. Father/Son
 Address: _____ 4. Father/Daughter 5. Mother/Son 6. Mother/Daughter
 _____ 7. Brother/Sister 8. Brother/Brother 9. Sister/Sister
 Circle one: Male or Female Shirt size: _____ 10. Grandparent/Grandchild 11. Best Friends

Second Runner/Team Member

Name: _____ Age: _____ Circle one: Male or Female Shirt size: _____
 Address: _____

I acknowledge that I have read and understand the rules for the event (listed below). I understand that I must have a Clark Sports Center Assumption of Risk waiver form on file. I understand that children 18 and under must have this waiver signed by a parent. (Waivers will be available on Race Day or downloaded from clarksportscenter.com.)

 Sign name

Race Date

Saturday, September 17, 2011.

Place

At The Clark Sports Center, 124 County Highway 52, Cooperstown, New York, 13326.

Time

Registration on the day of the race will begin at 9:00am. Pre-registration by mail or in person is available at the Sports Center. The race will begin at approximately 10:00am.

Race T-shirt

The first 200 entrants who pre-register will receive a commemorative T-shirt. Entrants registering on the day of the race will receive a T-shirt if available.

Race Fee

The race is **free** for all members and non-members!

Course Description

The race is a moderately difficult course that will take place on the Sports Center grounds. The course will include elements that runners must climb over, crawl under, and run through. The race will be timed. A water stop will be placed near the half way mark and at the end. It is a rain or shine event.

Race Description

Participants will run in pairs and will relay to complete the race. For example, Runner A completes 1 lap,

Race Description Continued

Runner B completes 1 lap, Runner A completes 1 lap, Runner B completes one lap for the total 4 laps.

Awards

Awards will be distributed to the overall winning pair and to pairs for each category after all participants have completed the race.

Contact the Race Director

For more information, please contact Health and Fitness Director Rich Jantzi by calling (607) 547-2800.

Return this completed form to the Fitness Center Desk to submit your registration!