

VESTAL
Rail to Trail
10th Annual
5K Run

Saturday, June 6,
2009

8:00 AM

Race Day Registration: 7:00 -7:45 AM

Entry Fee:

\$15 with race shirt on or before May 17

\$20 Day of Race (limited shirts available)

Prizes awarded to the top three men
and women overall and to top men and
women in each age group.

Note: No duplicate awards presented

Age Groups:

Men and Women

15 and Under

16-19

20-29

30-39

40-49

50 and over

RELEASE NOTICE:
THIS ENTRY FORM AND RELEASE IS A CONTRACT.WITH LEGAL CONSEQUENCES. PLEASE READ IT CAREFULLY BEFORE SIGNING. In consideration I know that running a road race is a potentially hazardous activity. I should not enter and run 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 the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effect of either, including high heat and /or humidity, traffic and the conditions of the trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry I fully release and forever discharge the town of Vestal, Parks & Recreation, and all Sponsors and Donors from the negligence, fault or carelessness of the sponsoring organizations. This release shall be binding upon my heirs, administrators, successors and assigns and shall insure to the benefit of the successors and assigns of the sponsoring organizations. By this release I fully intend to discharge the said organizations from any and all injuries or losses suffered by me while participating in and traveling to and from the event.

Signature: _____

Date: _____

(If under 18, both participant and
parent/guardian must sign)

Registration Form

Name _____

Address _____

City _____ State _____

Zip _____ Phone _____

Date of Birth _____ Age _____

Gender: Male Female

Pre-registration \$15

Day of race \$20

Size, please circle S M L XL

(Note - Limited shirt availability so please register early)

Make Checks Payable to: Vestal Senior League and send to PO Box 292, Vestal, NY 13851-0292

Please read and sign the Release on other side.

Questions: milkmmp@yahoo.com

Vestal Senior League
PO Box 292
Vestal, NY 13851-0292

Vestal Rail Trail 10th Annual 5K Run

**Benefits Vestal Senior League
Baseball**

**8:00 AM, Saturday
June 6, 2009
African Road Entrance
Rails to Trails
Vestal, NY**

Rail to Trail/Vestal Festival 5K Run
The course will begin near the African Road end of the trail, go 2.5K, and then return to the start finish line.

**USATF
Certified
Code
NY05012AM**