



Town of Ogden Parks and Recreation/ Kiwanis Club of Spencerport
Pineway Ponds Park 5K Run/Walk and Kids' Fun Run



Saturday, September 30, 2017 • Start time: 8:30am

Entry Fee- \$20 pre-registration, on or before September 1

After September 1- \$25 (cash/check)

Online registration available at racesignup.com

No refunds or transfers.

Kids' Fun Run is free!

- Day of race registration (cash or check) begins at 7:30am race day at Pineway Ponds Park, Owens Lodge
- Awards Ceremony after the race. Prizes for male and female runners based on age classifications.
- T-shirt guaranteed for first (50) registrants.
- Course: Our course is certified to be accurate by USATF #NY15107KL. 5K Race is primarily roads, beginning and ending at Pineway Ponds Park. Kids' Fun Run will take place immediately following the 5K.
- Early packet pick up- Thursday, September 28 from 9:00am-3:00pm and Friday, September 29 from 9:00am-12:00pm, at Ogden Parks & Recreation Administrative Office, 269 Ogden Center Road, Spencerport, NY 14559. Phone: (585) 617-6174
- Directions: From South, East, West- Head North on Union Street. Stay on Union Street through the Village of Spencerport. Go over the canal and through the traffic light. Turn left into Pineway Ponds Park. Participants will be directed to parking.
From North- Head South on Union Street. Turn right into Pineway Ponds Park. Participants will be directed to parking.
- Mail registration forms to: Ogden Parks and Recreation, 269 Ogden Center Road, Spencerport, NY 14559. Please make checks payable to *Town of Ogden*.

(Choose One) I am registering for the **5k Run** **5k Walk**

Participant Name: _____

Street Address: _____

City/State/Zip: _____

Telephone: _____ Email: _____

Male Female Date of Birth: _____ Age on September 30, 2017: _____

Shirt Size: S M L XL

I know that running or walking in a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained and, by my signature, I certify that I am medically able to perform in this event and that I am in good health while being properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Pineway Ponds 5K Run/Walk, the Town of Ogden, NY, the Village of Spencerport, NY, the Kiwanis Club of Spencerport, NY, all event sponsors and their representatives and successors from all claims or 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 grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature of Participant: _____ Date: _____

I am the parent/legal guardian of a child under the age of 18 years, who is allowed to participate in the Event. By signing below, I consent and agree to the application of this Waiver and Release as it relates to the minor child I have allowed to participate in the Event (see participant):

Signature of Parent/Guardian: _____ Date: _____