

3rd Annual Comsewogue Warrior 5K/Fun Run

Sunday May 18th, 2008

Pre-registration until 5/11: \$18- 5k / \$5-fun run/ \$30 per family

Day of race registration: 7:00-8:30 AM, CHS gymnasium, \$20-5k/ \$5-fun run/ \$40 per family

Start Times: 8:15- $\frac{1}{4}$ mile fun run on the CHS track, non-competitive, age 8 and under
8:30- 1 mile fun run on the CHS track, non-competitive, age 12 and under
9:00- 5k road race, start is on Bicycle Path in front of CHS, all ages

T-shirts for the first 250 registrants!
All fun run participants receive finisher's ribbons ☺

Awards to the top three overall male and female 5k finishers, and the top three in the following male/female age groups:

11 and under, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and over, Comsewogue employee

Proceeds benefit the Comsewogue HS Athletic/Music Scholarship Fund

Directions to Comsewogue HS: Route 347 to Route 112 South approximately $\frac{1}{2}$ mile to North Bicycle Path. Turn right on North Bicycle Path. CHS will be approx. $\frac{1}{2}$ mile on your left. Please park in the first parking lot (not the one near the football field).

One application per person, families must submit applications together with payment

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ E-Mail: _____

Age on race day: _____ Date of birth: _____ Sex: M F

Category: _____ $\frac{1}{4}$ mile fun run _____ 1 mile fun run _____ 5 k

Amount enclosed: \$ _____

Send completed application with a check payable to **Comsewogue High School** to
Charlotte Johnson, Comsewogue High School
565 Bicycle Path, Port Jefferson Station, NY 11776

Waiver: _____ (name of participant) does hereby covenant and agree to release and hold harmless the Comsewogue School District from and against any and all liability, loss, damages, claims or actions (including costs of attorney fees) for bodily injury and/or property damage, to the extent permissible bylaw, arising out of participation in the Comsewogue Warrior 5K and Fun Run.

I understand participation in the Comsewogue Warrior 5K and Fun Run involves rigorous physical activity and risks of physical injury, and I assume these risks. I hereby give consent for emergency transportation and treatment in the event of illness or injury. I hereby accept responsibility for the payment of any emergency transportation or treatment on behalf of the participant. I further certify that I am in good physical condition, and I have no medical or physical conditions that would restrict his/her participation in this event.

If signed by a parent/guardian, the parent/guardian agrees to release and hold the above named organizations and persons harmless of any claims which may be asserted by or on behalf of the entrant. I have read the above statements, understand them, and my signature below confirms its full acceptance.

Participant's Signature _____ Date _____
Print Name _____

Parent/Guardian Signature if under 18 years of age) _____ Date _____
