



# Second Annual Adirondack Run/Walk for Hope

**5K & 1.6K Run/Walk Event**

**Warrensburg, NY**

**Saturday October 11, 2008**

**10:00am**

**Race Director:** Amanda Carpenter

**Registration & Check In:** 9 – 9:45am at Warrensburg Rec. Field, under the pavilion. The Rec. Field is located on Library Ave in Warrensburg and is directly across the back side of Warrensburg Elementary School

**Course:** 5k / 3.10 Miles around the center of town, large circular course, some short hills, both up and down, paved  
1.6k / 1 Mile a short straight jog/walk, out 1/2 mile and back, paved

**Entry Fee:** \$15 fee (if registered before September 20<sup>th</sup>)  
\$20 fee after September 20<sup>th</sup> or day of race  
We encourage donations in the form of sponsorship from other individuals. (Please use donor sheet)  
A prize is awarded to the individual who collects the greatest amount from sponsors.

**All proceeds from event go to: North Country Ministry's Emergency Fund, North Creek, NY (518) 251-4460**

**Refreshments:** At the completion of the race water and refreshments will be available.

**Information:** Amanda Carpenter & Jason Hupe (518) 248-7217 or visit [www.adirondackrunforhope.com](http://www.adirondackrunforhope.com)

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Last Name										Telephone Number									
<input type="text"/>										<input type="text"/>									
First Name								M.I.		Sex		Birth Date							
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Street Address										5K					1.6K				
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City								State / Province				Zip Code							
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I know that running 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 the event including, but not limited to falls, contact with other participants and spectators, 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. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive the release all sponsors, Amanda Carpenter and Carpenter PT, PLLC, the town of Warrensburg and its agencies and departments, all their representatives and successors, from present and future claims and liabilities of any kind, known or unknown, arising out of my participation in this event or related activities, even though such claims or liability may arise out of negligence or fault on the part of any of the foregoing persons or entities. I grant permission to the foregoing persons and entities to use or authorize others to use any photographs, motion pictures, recordings, or any other record of my participation in this event or related activities for any legitimate purpose without remuneration.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Signature of parent(if under of 18 years of age) \_\_\_\_\_ Date: \_\_\_\_\_

Please Make Checks Payable to: *NCM Run For Hope*

Mail entries to: *Amanda Carpenter Race Director, PO Box 452 Warrensburg, NY 12885*

**\*\*\*Sorry, No Refunds\*\*\***