

**2013 Thanksgiving 5K Turkey Trot
to Benefit Ferncliff Forest
Thanksgiving Day November 28, 2013
RACE STARTS AT 8:30 AM**

**Course: Northern Dutchess Hospital to Ferncliff Forest and back!
5K RUN AND WALK DIVISIONS
~ AWARDS ~**

**OVERALL FIRST PLACE MALE AND FIRST PLACE FEMALE FINISHERS
TOP FINISHERERS BY AGE GROUPS AS FOLLOWS:**

**10 & Under; 11 & 12; 13-15; 15-17; 18-21; 22-29; 30-39; 40-49; 50-59; 60-69; 70+
TOP 3 WALKERS OVERALL**

**Day of event ~ Pre-registered athlete check in from 7:00 am – 8:00 am
In Parking Lot next to 99 Montgomery Street
New! Pre-Registered Participants look for dedicated “pre-registered” racer table**

**TURKEY TROT T-SHIRT FOR ALL WHO PRE-REGISTER
ON-LINE BEFORE NOVEMBER 11!
REGISTER ONLINE AT: ACTIVE.COM**

REGISTER BEFORE NOVEMBER 11 FOR BEST PRICE!

**Before November 11 - \$20 Adults 18+ / \$15 Age 11 -17 / \$10 Children 10 and under
November 12 - 23 - LAST CHANCE TO REGISTER ONLINE ACTIVE.COM
ON LINE REGISTRATION ENDS NOVEMBER 26**

RACE DAY – CASH OR CHECK ONLY - \$25 Adults / \$20 Age 11 – 17 / \$15 Children 10 & under

Print Participant Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Division: _____ Walker _____ Runner _____ Age _____ Date of Birth _____ Gender _____

For Pre-Registered participants before November 12: Tee Shirt Size (s): S M L XL
Please use a form for each runner in the family and a waiver MUST be signed by the participant(s), or, if under 18,
by the parent/guardian! (If you have questions, please call Knick Staley at 876-3196.) Mail form with checks
payable to: Ferncliff Forest / P.O. Box 1, Rhinebeck, NY 12572 Total Amount Enclosed: \$ _____

waiver & Release:

I hereby represent that (i) I am in good health and in proper physical condition to participate in the Event; and (ii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event.

2. I agree to be familiar with and abide by the Rules and Regulations established for the Event. I also accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.

3. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: Ferncliff Forest, its Board of Directors, Event Organizers and Promoters, Sponsors, Advertisers, Host City, Local Organizing Committees, Venues and Property Owners upon which the Event takes place, Law Enforcement Agencies and other Public Entities providing support for the Event, and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the Released Parties or Event

Organizers), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature (Liability) which may arise out of, result from, or relate to my participation in the Event, including claims for Liability caused in whole or in part by the negligence of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liability which any may be incurred as the result of such claim.

I hereby warrant that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of the minor, my spouse, children, parents, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement freely and voluntarily, without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Signed: _____ Date: _____

If Under 18, Parent/Guardian MUST Sign—Parent/Guardian PRINT Name: _____