

READY, SET, GLOW! 5K WALK/RUN

Friday- May 30th

Registration Check-in: 7:30pm-8:15pm

5K Route: Begins and Ends at Cocksackie-Athens HS Track

5K Start Time: Dusk

AfterGlow Dance Party: until 10:30pm on C-A Football Field

\$25 Registration Fee- Includes T-Shirt, Glow-Kit and AfterGlow Dance Party

Children 10 and under- FREE!! with Paid Adult Registration (limit 2 children/adult)

\$5 AfterGlow Dance Party ONLY

Please print information below:

Name _____

Phone _____ Email _____

Address _____

City _____ State _____ Zip _____

ADULT T-Shirt Size, circle choice: SMALL MEDIUM LARGE X-LARGE 2X-LARGE

Waiver and Release

I understand that walking and running is a potential hazardous activity. I verify that I am medically fit and capable of participation in the Ready, Set, Glow! 5K Walk/Run. I, intending to be legally bound for myself, heirs, next of kin, and personal representatives, do hereby release any and all organizers, sponsors, and others involved with this event and their representatives, successors and assigns, from any and all liability arising from illness or injuries I may suffer as a result of my participation in this event. Further, I grant full permission to any and all of the foregoing to use photography, videotapes, motion pictures and recordings of me, and/or any others record of this event for legitimate purpose. I hereby agree not to release, discharge, waive, hold harmless, and to indemnify the Village of Cocksackie, the Cocksackie-Athens School District and their representative officers, directors of employees, volunteers, sponsors, advertisers, participants, agents, and representatives from and suits and proceedings, regardless of the cause. I understand and agree to this waiver and release.

Signature: _____ Date: ___/___/___

If Under the Age of 18 – Parent or Guardian Signature Needed

Parent Signature: _____ Date: ___/___/___

Please make checks payable to the **COXSACKIE-ATHENS GIRLS SOCCER** and mail to:

Cocksackie-Athens HS

24 Sunset Blvd

Cocksackie, NY 12051