



Over the Hills and Through the Woods 5k Cross Country Trail Run

Race Start and Finish at SYS, Majors Path, Southampton, NY

December 26th, 2009

Start Time 10:00am

Print Registration information:

Name _____
 Age _____ Sex: M F DOB _____
 Phone _____
 Address # and Street _____
 City _____ State _____ Zip _____
 Email _____

or Register online at www.hamptonsrunning.com

Preregistration	\$20.00
Race Day Registration	\$25.00

Please make nonrefundable checks payable to: **SYS Inc.**
 send to : **SYS Inc.**

*P.O. Box 1284
 Southampton, NY 11969*

"The Over the Hills and Through the Woods" 5k Trail Run

Waiver of Liability:

I understand that running a road race 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 this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, dehydration, traffic, and the conditions of the road, all such risks being known and appreciated by me. I hereby accept any and all responsibility for and assume the risk of and all injury or damages which might arise directly or indirectly as a result of and participation in the Southampton Youth Services, Inc. (hereinafter referred to as SYS.) _____ which is held at SYS. I hereby expressly release, discharge, and hold harmless from any liability whatsoever Southampton Youth Services, Inc., all employees and volunteers in their capacities as representatives of SYS., Hamptons Running Club, Race Directors, Sponsors, and the Town of Southampton. I certify that I am familiar with the contents of this release that I have read and understand the same, and that it is my intention by signing this release that the same is binding not only to me, but my heirs, administrators, executors, successors and assigns.

***Required Applicant's Signature (Parent or Legal Guardian's if applicant in under 18)

Date