

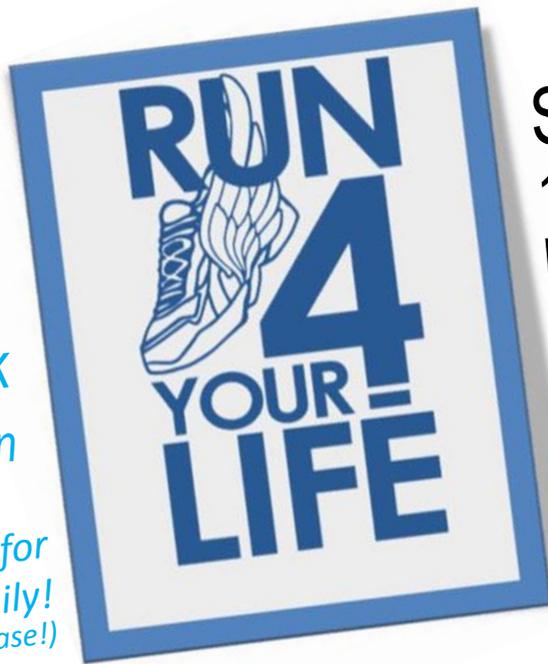
The Putnam County  
Department of Health  
presents *The 2nd Annual*

**5K Race**

**1 Mile Walk**

**1/2 Mile Kids' Fun Run**

**Three events...one for every member of your family!**  
(No pets please!)



**Sunday, Sept 27**  
**10 am** *Rain or shine!*  
**Brewster, NY**

- \* Performance T-shirt,
- \* 1-month membership NY Sports Club, &
- \* Commemorative race glass—all guaranteed to **FIRST 175 REGISTERED** adult runners or walkers!



**Mile markers ♦ Water stops ♦ Chip Timing ♦ FREE Post-race Refreshments**

**START & FINISH:** Putnam County Department of Health, 1 Geneva Road, Brewster, NY

**REGISTRATION:** \$15.00—"Early Bird" registration (before Sept. 11) for the 5K Race and 1 Mile Walk.  
\$20.00 —After Sept. 11 and on race day, between 8 and 9:30 a.m.  
**FREE**—1/2 Mile Kids' Fun Run (12 years old and younger), registration required.

**RACE AWARDS:** First overall male and female.  
Male/Female awards for top 3 in each age category.  
Commemorative medals for all 1-mile walkers and Kids' Fun Run finishers.

**Complete registration form below. Make check payable to:** Commissioner of Finance.  
**Mail to:** Putnam County Department of Health, 1 Geneva Road, Brewster, NY 10509.



Visit the event page and register online: <http://raceroster.com/events/2015/5325/annual-run-4-your-life-5k>

**ANY QUESTIONS? 845-808-1390** or visit [www.PutnamCountyNY.gov/health](http://www.PutnamCountyNY.gov/health)

OFFICIAL USE ONLY

Select event:  5K race     1 Mile walk     **FREE** 1/2 Mile Kids' Fun Run

Last name \_\_\_\_\_ First name \_\_\_\_\_ Circle T-shirt size: S M L XL

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Male     Female    Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Email \_\_\_\_\_

I know 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 this race. I assume all risks associated with running in the event, including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the conditions of the road, as well as any risks that may result from my decision to participate in pre-race or post-race activities, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I and/or anyone entitled to act on my behalf, waive and release the County of Putnam, and any and all officers, agents, servants, representatives or employees, and their representatives and successors from all claims, demands, rights of action or causes of action, present or future or liabilities of any kind resulting from any cause whatsoever arising out of my participation in this event. I hereby covenant and agree to defend, indemnify and hold harmless Putnam County, from and against all liability, loss, damages to the extent permissible by law, arising out of or in connection with my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purposes. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals including pets, and radio headsets are not allowed in the race and I will abide by this guideline. I also hereby consent and authorize emergency medical treatment should the need arise during this event.

Signature of participant (parent or guardian if child is under 18) \_\_\_\_\_

In case of emergency, contact \_\_\_\_\_ Phone \_\_\_\_\_