

\*\*\*\*6<sup>th</sup> Annual Hangover Run\*\*\*\*

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NEW YEAR'S DAY THURSDAY JANUARY 1<sup>ST</sup>, 2020

VFW POST #5538, 108 Park Avenue  
**BOONVILLE, NY**

PRESENTED BY THE "TOE" PATH TREKKERS

**REGISTRATION:** 8:30 - 9:45 AM AT VFW

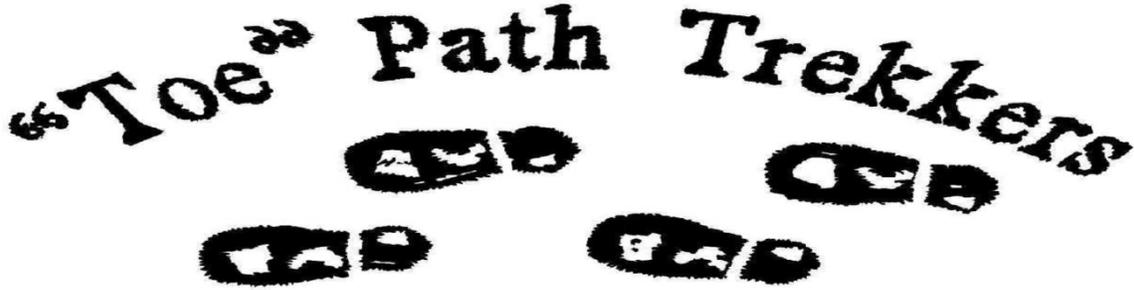
**START TIMES:** 5K/10K 10:00A THIS EVENT IS NOT TIMED, THE TIME CLOCK WILL BE OUT AT FINISH LINE FOR ANYONE WANTING TO TRACK THEIR OWN TIME

**COURSE :** RACE STARTS AND FINISHES ON THE MOOSE RIVER ROAD. PARTICIPANTS WILL WALK FROM VFW ACROSS RT. 12 TO START LINE. COURSE IS AN OUT AND BACK FOR BOTH 5K AND 10K WITH SOME CHALLENGING ROLLING HILLS.

**REGISTRATION FEES :** \$10.00 REGISTRATION MORNING OF RACE. NO PRE-REGISTRATION REQUIRED. APPLICATIONS MAY BE MAILED TO TREKKERS IF DESIRED. CHECKS PAYABLE TO TOE PATH TREKKERS - PO BOX 380, BOONVILLE, NY 13309

**REFRESHMENTS, FOOD AND SNACKS** PRE AND POST RACE. WATER STATIONS AT EACH TURN AROUND WITH SOME SPECIAL DRINKS TO CURE THAT "HANGOVER". THE BAR AT THE VFW WILL BE OPEN AT 10AM. DOOR PRIZES AND 50/50 RAFFLE.

# HANGOVER RUN 2020 RACE APPLICATION & WAIVER



NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

Age on race day \_\_\_\_\_ Male/Female **5k** or **10 k** (circle one)

Return completed application, payment and signed waiver : **Toe Path Trekkers, PO Box 380, Boonville NY 13309**

I know that running /walking a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event January 1<sup>st</sup>, 2020 including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running/ walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity and/or extreme cold, traffic and the conditions of the road and any contact with animals, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the "Toe "Path Trekkers, Harland J. Hennessey VFW Post #5538, The Town and Village of Boonville , all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs or any other record of this event for any legitimate purpose.

Signature/Date \_\_\_\_\_

Parents' signature if under 18 \_\_\_\_\_