THE 23rd ANNUAL NANUET HIGH SCHOOL 5K RUN/WALK and FUN RUN

to benefit

The Robert McKiernan Scholarship Fund & the Class of 2019

Saturday, March 23, 2019 at 9:30 AM

Rain date: Sunday, March 24, 2019 at 9:30 AM

PLACE: Nanuet Senior High School, 103 Church St., Nanuet, NY 10954

9:30 AM 5K RUN/WALK: mail entries with a completed form and payment **(one participant per form please)**
- $20: entries postmarked on or before March 1 (t-shirt included and guaranteed)
- $25: entries received after March 1 or on race day (t-shirt not guaranteed)

9:00 AM FUN RUN: mail entries with a completed form and payment **(one participant per form)**
- $5: entries postmarked on or before March 1 (t-shirt not included)
- $5: entries received after March 1 or on race day (t-shirt not included)

PLEASE MAKE CHECKS PAYABLE TO: ***Nanuet Senior High School***

AWARDS: 5K Run/Walk: Top Male & Female Finishers overall
Top 3 Finishers in All Age Categories
Top 3 Nanuet Staff (new category)
Fun Run: All Fun Run Participants will receive Participant Ribbons

COURSE: 3.1 Mile (5K) Loop course through Nanuet (race starts and finishes at Nanuet Senior High School)
Race timed by ***Elite Racing Systems***

RACE TIME: 8:00AM – 9:15 AM: Check-in for 5K and Fun Run at NHS cafeteria (pick up T-shirt & number)
9:00 AM: Fun Run begins at NHS track
9:30 AM: 5K Run/Walk begins at Nanuet High School
Awards & refreshments immediately following race in the NHS cafeteria

Registration (check all that apply):
☐ 5K Run/Walk ☐ Fun Run ☐ male ☐ female ☐ Nanuet staff member

Last Name _____ First Name _____ Race Day Age _____

Address _____

Birth date _____ Phone number _____ Email address _____

5K Run/Walk participant t-shirts (guaranteed for all entries received on or before March 1st):
adult size (check one): ☐ small ☐ medium ☐ large ☐ x-large ☐ x-large

I know that running a road race is a potentially hazardous activity. I should not enter a race unless I am medically able and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of bad weather including high heat and/or humidity, the conditions of the road and traffic on the course, 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, for myself and anyone acting on my behalf, waive and release Nanuet Public Schools, the Town of Clarkstown, and all 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 and carelessness of the persons named in this waver.

Signature or Parent Signature (if under 18) _____ Date _____

Please return completed form with payment to: Nanuet High School
Attention: McKiernan 5K Run
103 Church Street
Nanuet, NY 10954

Form and payment due at Nanuet Senior High School by **Friday, March 1st** to guarantee a T-Shirt!